THE ROBOTS ARE COMING!

LET ACTOR PAUL BETTANY EXPLAIN. PAGE 13

metro

NEW YORK CITY'S #1 FREE DAILY NEWSPAPER

Wednesday, April 23, 2014 www.metro.us | t: MetroNewYork | f: MetroNewYork

UFC 172:
Jones vs. Teixeira

Live on Pay-Per-View!
Saturday, April 26th • 10PM

Order With Your Remote
HD Channel 355 | SD Channel 352

Time Warner Cable | ENJOY BETTER

PPV and HD PPV are optional services available for an incremental charge. All services may not be available in all areas. Subject to change without notice. Some restrictions apply. Time Warner Cable and the Time Warner Cable logo are trademarks of Time Warner Inc. Used under license. All other trademarks remain the property of their respective owners. ©2014 Time Warner Cable, Inc. All rights reserved. All rights reserved. ©2013 Zuffa, LLC. All rights reserved. Card subject to change.

24 HOURS IN NYC

Rolling. This Saturday, for the "One Day in NYC" project, hundreds of professional and amateur filmmakers will work to document a day in the life of the Big Apple. PAGE 02

MILES DIXON, METRO

Pavilion is named 'National Treasure'

PAGE 04

'Americans' star on spotting spies

PAGES 14-15

Spring brings a chilly 'Snow White'

PAGE 16

Got Drugs?

Visit www.dea.gov or call 800-882-9539 for a collection site near you.

Turn in your unused or expired medication for safe disposal
Saturday, April 26th
10 a.m. – 2 p.m.

1 NEWS

Today's tweet

"I feel really cute until I see the daily pictures of Taylor Swift leaving her New York apartment."
@alexandergold

To our readers

Have an opinion? Tell us!

Do you think Lindsay Lohan deliberately released her sex list? How do you feel about the Supreme Court's ruling that upholds a ban on affirmative action? What do you think of the mayor's push for universal pre-K? We want you to tell us! There's no better way to have your opinion heard than sharing it with hundreds of thousands of Metro and Metro.us readers. So send your thoughts to us at letters@metro.us. Please keep it as brief as possible, preferably fewer than 100 words, and include your name and contact info. Be sure to watch for your letter in an upcoming edition of Metro or on Metro.us.

Missing

Famous parrot flies off in Brooklyn

A green parrot with a devoted Internet following who has been backstage on "America's Got Talent" has gone missing in Brooklyn, and his owner is offering a $1,000 reward for his safe return.

Michael Sazhin said his parrot, Truman, flew away from him about 11 a.m. on Monday during a trip to the park near 16th Avenue and 75th Street in Bensonhurst.

Truman is small with a disproportionately large beak, short tail and orange trim under his wings and above his feet. If he is found, Sazhin said not to do anything that could scare him.

"If he happens to be at arm's reach, you can pick him up," he said.

Sazhin, a bird trainer, has three parrots, including Kili, a Senegal parrot who has appeared on several TV shows. Kili has joined Sazhin in the search for Truman.

Call 917-318-6394 or email michael@trainedparrot.com with information.

ANNA SANDERS

Truman flew off on Monday. COURTESY OF MICHAEL SAZHIN

See more at www.metro.us

A filmmaker writes on a board used as a tapestry to intertwine sentiments that people expressed about New York City in a project meeting. / MILES DIXON, METRO

Project to capture 'One Day in NYC'

Picture this.
A 24-hour film collaboration is this Saturday.

"What are your city's biggest challenges?"

Hundreds of people will attempt to answer that and other questions about New York City's future this Saturday as part of a national 24-hour film collaboration.

During "One Day in NYC," amateur and professional filmmakers, nonprofits and ordinary residents will document stories across the five boroughs.

"This is an opportunity for New Yorkers to come out and start communicating about the future," said Brandon Litman, 32, co-creator and executive producer of the project.

Ten other American cities will join the "Your Day. Your City. Your Future." initiative, which was inspired by "One Day on Earth," a project also co-founded by Litman that had participants from every country in the world filming on a single day.

Litman said he hopes the new collaboration can showcase some of the biggest issues facing cities, from income inequality to job creation. Participants will use 10 questions as inspiration for their footage.

"We're going to go around the city to places that we usually don't go to," said Ramon Goni, who lives in Greenwich Village and will focus on the concept of energy.

Rachel Grady plans on filming nearly the whole day in Prospect Park.

"The layers of humanity are just endless," said the 42-year-old film director and producer from Brooklyn, whose work includes "Jesus Camp."

Anyone can contribute, Litman said. "It doesn't matter what camera you're holding — it matters what you're pointing it at."

ANNA SANDERS
@AnnaESanders
anna.sanders@metro.us

Participate

Anyone can contribute to the project.

- Scenes, vignettes and interviews will be archived online and may be part of a TV series on the future of American cities.
- Visit OneDayInNYC.org/signup.

Quoted

"It doesn't matter what camera you're holding — it matters what you're pointing it at."
Litman

Crime. Guilty plea in pizza-delivery rape

An 18-year-old pizza-delivery man pleaded guilty to raping a woman while her child was asleep in the same bed, prosecutors announced Tuesday.

Cesar Lucas, of the Bronx, entered the woman's Upper West Side apartment after delivering a pizza to her neighbor on Sept. 29, 2012, according to his guilty plea. Lucas raped the woman as her 7-year-old daughter slept next to them.

He pleaded guilty to rape, burglary as a sexually motivated felony, another burglary charge and endangering the welfare of a child.

Pending sentencing in June, Lucas faces 13 years in prison and 20 years of post-release supervision under the plea agreement.

ANNA SANDERS

Green

Bronx train station gets solar kiosks

Metro-North's Woodlawn station in the Bronx will soon launch a pilot program to test solar-powered kiosks that have real-time arrival and departure times for connecting services, officials said on Tuesday.

CHESTER JESUS SORIA

Grifted. Charges in $33M fake art scam

Federal prosecutors in New York charged three men in connection with a $33 million fine art scam that spanned more than two decades.

Authorities said brothers Jesus Angel Bergantinos Diaz and Jose Carlos Bergantinos Diaz were arrested in Spain last week, and investigators believe that a third man, Pei Shen Qian, left the country and is in China.

The men are accused of conspiring to sell works similar to acclaimed expressionist artists such as Mark Rothko, Jackson Pollock and Willem de Kooning.

The art was then paired with fake owner histories before being sold around the world, prosecutors said.

CHESTER JESUS SORIA

AHF PHARMACY™.org

Not For Profit Healthcare

Located at
Out of the Closet Thrift Store

475 Atlantic Avenue
Brooklyn, NY 11217
Mon - Fri: 10am - 6pm
(718) 637-2970

ON-THE-GO PACKAGING AVAILABLE

GoPak

CalendarPak

Painful Varicose Veins and Swollen Legs?

Now is the time to take care of it! Varicose veins are MORE than just a cosmetic problem. They can also be a warning sign of a condition called Venous Insufficiency that kills over half a million people every year.

Do you have any of these symptoms?

Varicose Veins
Spider Veins
Itching and Burning
Leg Pain and Cramps
Heaviness and Swelling
Skin Discoloration
Ulcers and Blood Clots
Problem Walking For Long Distance

You may have a serious medical condition, called Venous insufficiency.

USA Vein Clinics Will help!

With a non-surgical, minimally invasive, painless endovenous procedure, that takes only 15 minutes!

Medicare and most insurances accepted!

Trust Your Legs Only To Top Specialist!

- *Named "Best Vein Center" and "Leader in Health Care" five times!*
- *Pioneer in modern vein treatment techniques.*
- *Nation's only coast-to-coast vein clinic.*
- *Doctors Staff Include Board-Certified, Harvard and Stanford Trained Specialists*
- *Nation's Top Vein Clinic, no other clinic can boast such excellence in vein care*

Do not commit to any other vein center without getting an evaluation from USA Vein Clinics. You will be very pleased you did.

New York:
1153 First Avenue, Manhattan, NY 10065
2511 Ocean Ave, Ste 102, Brooklyn, NY 11229
2444 86th St, Ste A, Bensonhurst, NY 11214
116-02 Queens Blvd, Forest Hills, NY 11375

New Jersey:
766 Shrewsbury Ave, Ste 300, Tinton Falls, NJ 07724
Pennsylvania • Massachusetts

(917) 717-5135
Open on Saturdays

World's Fair pavilion reopens for anniversary

More than 2,500 people showed up to tour the New York State Pavilion in Flushing Meadows-Corona Park on Tuesday, the first time the site was opened to the public in decades. The pavilion is one of the most iconic remnants of the 1964 World's Fair and has been crumbling into ruin for years. At the 50th anniversary celebration, The National Trust for Historic Preservation declared the site a "National Treasure." The pavilion was only open to visitors for one day, but preservationists are trying to save the site. "This designation is most appropriate given the pavilion's distinctive architectural style and its connection to the excitement and hopefulness that captivated the world at the beginning of the Space Age," said Melinda Katz, Queens borough president. / AARON ADLER, METRO

HAVE YOU SEEN WLNY LATELY?
DICK BRENNAN
ALICE GAINER
FIND OUT FIRST
NEWS @ 9:00
WEEKNIGHTS
WLNY 10 55
cbsnewyork.com

Your local vein expert

Varicose Veins be Gone.

Do you suffer from:

- Veins that are dark purple or blue in color
- Veins that appear twisted and bulging
- An achy or heavy feeling in your legs
- Burning, throbbing, muscle cramping and swelling in your lower legs
- Worsened pain after sitting or standing for a long time
- Skin ulcers near your ankle, which can mean you have a serious form of vascular disease that requires medical attention

New York City's

Premier Vein Only Practice

Most Insurance Accepted!

FAST, NON-INVASIVE TREATMENTS FOR

Varicose Veins • Spider Veins • Facial Veins

DAVID M. GLASS, MD, FACS

Board Certified Vascular Surgeon

25 Years of Experience

NEW YORK VEIN CENTER

BROOKLYN / MANHATTAN / BRONX

1-888-920-2871

www.NewYorkVeinCenter.org

©COPYRIGHT 2013, NEW YORK VEIN CENTER. ALL RIGHTS RESERVED

DOWNLOAD THE NYVC APP IN THE APPLE APP STORE

New report from city comptroller shows rent 'crisis'

Pricey. The city is only getting more expensive for the working class.

A new report released Tuesday shows working-class New Yorkers have been squeezed between sluggish incomes and rent hikes over the last 14 years.

The average American may have seen a rent hike of 44 percent since 2000, but New Yorkers on average are paying 75 percent more for rent than they did a decade ago.

Meanwhile, New York City residents also saw their median income drop by 4.8 percent, adjusted for inflation.

The average rent has shot up in the last decade. GETTY IMAGES

The 40-page report from Comptroller Scott Stringer examined the numbers behind the city's housing affordability woes, while offering some priorities for lawmakers tasked with alleviating homeowners and renters' woes.

"It is critical to understand our city's housing landscape so that we can target the next investment of resources," Stringer said in a statement. "New York City's position among global cities will be defined by how well we respond to this crisis."

CHESTER JESUS SORIA
@chestersoria
chester.soria@metro.us

All green at Union Square Earth Day

Earth Day New York took place on Tuesday in Union Square. Mayor Bill de Blasio took to the stage to help kick off the celebration. The event featured more than 70 exhibitors, children's activities, a green vehicle runway show as well as a green travel exhibition. / PAUL LACHENAUER, METRO

Environment

Earth Week tip of the day

Metro is pleased to announce we are once again partnering with Earth Day New York for this year's Earth Week.

Earth Day New York has a simple tip of the day that can help green the environment.

"Paper towels, toilet paper, notebooks, printing paper, and Post-its all come in recycled form. Make sure to buy rain forest-safe material."

Be sure to visit Earth Day New York's 2014 events in Grand Central at Vanderbilt and East 43rd Street from 11 a.m. to 7 p.m. today! Exhibits by partner organizations will be on display outside.

For more tips on how to help save the environment visit EarthDayNY.org. METRO

LOW PROPERTY TAXES! EXPRESS COMMUTER BUSES (4 per hour) 90 mins to NYC!

Yes, you can own a brand new home for just $1,577 per mo.!*

And just $6,997 Down! Classic has the values! Call us now!

All Classic Mainline Homes include up to 4 bedrooms, 2½ baths, garage, living room, dining room, complete appliance package, Central Air and Heat, landscaping, and a host of features. including permitting, driveway and well -- all included in the purchase price!

THE COUNTRY HOME -- *A Classic Mainline Home*

NOW $199,900

2,684 SQ. FT. • LARGE OPEN FOYER

$6,997 DOWN PAYMENT

$1,577* per month pays all including principal, interest, taxes and insurance!*

THE CAMBRIDGE -- *A Classic Mainline Home*

now $293,500

3,393 SQ. FT.! • Your Palace in the Poconos!

$14,650 DOWN PAYMENT

$1,953 per month pays all including principal, interest, taxes and insurance!*

Choose from Classic's Complete Line of Brand New Homes in the Poconos!

Buy a home now -- Get up to $5,000 toward Closing Costs!

ALSO AVAILABLE – Previously Owned Homes from just $80,000

CLASSIC QUALITY HOMES

Call toll free

1-800-276-4000

Visit our all-new website:

www.classicqualityhomes.com

Or text: cqh to 411669 to get text updates about our Home Buying Incentive programs

* Monthly payments based on FHA 30 yr. fixed interest rate of 4.5% with 5% APR with a finance cap of $271,000. Lower rates may apply to qualified buyers. All numbers are estimated. Conventional mtgs. also available.

High court upholds Mich. ban on college affirmative action

In recent decades. Affirmative action programs have faced a backlash from conservatives.

Michigan, Arizona, California, Florida, Nebraska, New Hampshire, Oklahoma and Washington ban affirmative action. / GETTY IMAGES

The U.S. Supreme Court on Tuesday dealt a blow to the use of racial preferences in higher education by upholding a Michigan law that bans the practice in state university admissions.

On a 6-2 vote, the court rejected a challenge to the voter-approved ban, although the justices were divided as to the legal rationale. The court made it clear it was not deciding the larger and divisive question of whether affirmative action admission policies can be lawful.

The majority opinion rejected the argument made by civil right groups that the 2006 Michigan constitutional amendment that passed as a ballot initiative to ban the practice had imposed burdens on racial minorities in violation of the U.S. Constitution's guarantee of equal protection.

In 2012, a divided 6th U.S. Circuit Court of Appeals in Cincinnati ruled the ban unconstitutional, prompting an appeal.

On Tuesday, the justices in the majority were divided three ways.

Justice Anthony Kennedy wrote an opinion, joined by Chief Justice John Roberts and Justice Samuel Alito, saying that the appeals court that threw out the law did not have the authority to do so. **REUTERS**

Quoted

"This case is not about how the debate about racial preferences should be resolved. ... It is about who may resolve it." Kennedy

Ohio law

Court hears challenge to 'false' campaign speech ban

U.S. Supreme Court justices across the ideological spectrum voiced doubts on Tuesday about a state law that prohibits false statements during a political campaign.

The Ohio law allows candidates and other citizens to file a complaint for allegedly false slogans, prompting a state election commission hearing and public scrutiny of advocacy groups' or individuals' claims in the middle of a campaign.

Justice Anthony Kennedy, a Republican appointee, speculated that calling in a group's leaders "to justify what [they're] going to say" could impinge on free speech rights under the U.S. Constitution's First Amendment. Justice Ruth Bader Ginsburg, a Democratic appointee, observed that simply being forced to defend an advertisement could be costly and diminish speech at a crucial point in a campaign. **REUTERS**

TIRED OF **MASKING** THE PROBLEM?

If you're one of the thousands who've been prescribed a CPAP mask to stop snoring and treat your sleep apnea, you already know that going untreated is not an option. Ignoring your condition can lead to serious health issues.

eOs sleep's Board Certified physicians offer many different treatment options, some can take as little as 20 minutes.

eOs sleep®
For the treatment of snoring and sleep apnea
eOssleep.com
Most Insurance Plans Accepted

20 East 66th Street, New York • 262 Central Park West, New York
589 Broadway, New York • 833 Northern Blvd, Great Neck
To schedule an appointment: 1-800-eos-sleep (1-800-367-7533)

Instant Admissions!

*Get accepted "on the spot" for enrollment.**
Classes start in 3 weeks.

Call Mildred Elley — the smart choice for job training — to get started on an exciting new career.

CALL OR VISIT TODAY!
(866) 210-1579
mildred-elley.edu/instant

MILDRED ELLEY
A career college in NYC
The Power to Change Your Life

GI Bill Approved | Accredited Member, ACICS | 25 Broadway, Floor 16, NYC

**To be accepted "on the spot," you must bring (1) a copy of your high school diploma or GED and (2) proof of identification. Call if you need help with these documents.*

Not on the OPCW list

Syria's chemical weapon wildcard: Chlorine gas

Chlorine gas attacks in Syria this month, if proven, expose a major loophole in an international deal to remove chemical weapons from the war-torn country and suggest chemical warfare could persist after the removal operation has finished.

President Bashar al-Assad agreed with the United States and Russia to dispose of his chemical weapons — an arsenal that Damascus had never previously formally acknowledged — after hundreds of people were killed in a sarin gas attack on the outskirts of the capital last August.

Washington and its Western allies said it was Assad's forces who unleashed the nerve agent, in the world's worst chemical attack in a quarter-century. The government blamed the rebel side in the civil war, which is now in its fourth year.

In addition, chlorine gas that was never included on the list submitted to the Organization for the Prohibition of Chemical Weapons is now allegedly being used on the battlefield, leading some countries to consider requesting an investigation, possibly through the United Nations.

Attacks this month in several areas of the country share characteristics that have led analysts to believe that there is a coordinated chlorine campaign.

U.S. State Department spokeswoman Jen Psaki said on Monday that Washington had indications that chlorine was probably used by government forces in Syria. **REUTERS**

Chemicals

14%

Syria vowed to hand over or destroy its entire arsenal by the end of this week, but still has roughly 14 percent of the chemicals it declared to the OPCW.

Quoted

"We are examining allegations that the government was responsible. ... Obviously there needs to be an investigation of what's happened here." Psaki

Investigators. Texas fertilizer warehouse blast was preventable

The remains of an apartment complex and a destroyed car lies in ruins next to the fertilizer plant that exploded on April 18, 2013 in West, Texas. / GETTY IMAGES

A deadly 2013 fertilizer warehouse explosion in Texas that claimed at least 14 lives could have been prevented, U.S. safety investigators said on Tuesday.

Between 40 and 60 tons of ammonium nitrate exploded 22 minutes after a fire broke out at the West Fertilizer Co. warehouse on April 17, 2013, leveling a neighborhood in the town of West, 70 miles southwest of Dallas.

The ammonium nitrate, which the company supplied to farmers to use as fertilizer in the region, was stored in wooden bins within a wooden building that did not have a sprinkler system, said Rafael Moure-Eraso, chairman of the U.S. Chemical Safety Board.

If those factors had not been in place, the disaster probably never would have happened, Moure-Eraso told a news conference about the board's preliminary findings.

The board said the state of Texas and federal regulators had much to do to strengthen rules to prevent explosions like the one in West, which injured 236 people.

Volunteer firefighters battling the blaze did not know the risks they faced from fertilizer stored at the warehouse, because of lax regulation of volunteer training and inadequate preparations for fires at chemical facilities, the board said.

The board also said that safer blends of ammonium nitrate that could prevent explosions should be considered, in addition to tightening standards at chemical warehouses.

The Chemical Safety Board investigates explosions and fires at U.S. chemical plants. It has no regulatory or law enforcement authority, but makes recommendations to government and industry. **REUTERS**

Killed

14

At least 14 people were killed as a result of the fire and explosion.

Injured

236

236 people were injured as a result of the fire and explosion.

Scan to Win!
Enter to Win!
Call 212-779-8626 24/7
Book www.SmileArtistNY.com
50% off ends 4/30/14

This Week's Special 50% off:
Voted: Top Provider in US
invisalign Express For $1999
Straight Teeth in 5 months, No Braces!*
Invisalign Express or Braces for $99/month*
www.Ortho99.com

To Get Your Free $100 Gift Card*
Call or Text the word SmileCafe
To 77286 by this Friday (limited supplies)
Dental Plan: Reduced to only $20/month!*

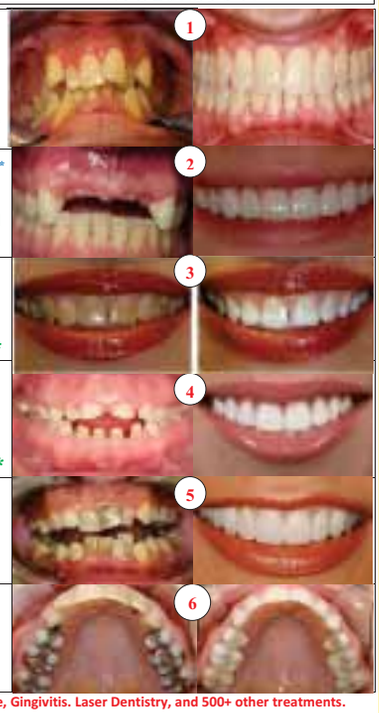
Implants/2 visit Extreme Smile MakeOver*
Proven Laser * Dentistry
BEST Fees & Quality Guaranteed on all procedures as low as $999*

ZOOM! Whitening
Save
Now Only $199 – Exam/Cleaning $49*

snapon smile or
Natural Strong Dentures as low as $999*

LUMINEERS BY CERAMATE Hollywood Veneers
Discover
Natural Veneers as low as $999*

"You too can have a Natural Gorgeous SEXY Smile for as low as $99/month* by NEW 3D imaging CAD/CAM Laser @ Relaxing Holistic Park Ave Dental Spa!*



Treatment of pain, Bad Breath/Halitosis, Gummy Smile, Gingivitis. Laser Dentistry, and 500+ other treatments.
*Promotions end 4/30/14. Must qualify. Limitations apply. Please visit site & call for details before making a commitment.

Cold and crude

Putin wants beefed-up presence in Arctic

Russian President Vladimir Putin said on Tuesday that Russia should step up its presence in the Arctic and challenge other nations in exploring the world's largest untapped natural reserves, days after it started shipping its first oil from the region.

Russia's ambitions in the Arctic have for some time been raising eyebrows among other states vying for a presence there, but the Kremlin's annexation of Ukraine's Crimea Peninsula is likely to put its Arctic plans under greater scrutiny.

Russia has staked its future economic growth on developing the Arctic's vast energy resources and reviving a Soviet-era shipping route through the ice.

REUTERS

Ukraine accord troubled

Ukraine's acting president Oleksander Turchinov called on Tuesday for government forces to relaunch an offensive against pro-Russian rebels after a local politician from his own party was found dead with signs of torture. Kiev's first push failed last week to retake one of the towns in the mainly Russian-speaking east occupied by the separatists, and its military has largely suspended operations since the United States, Russia, Ukraine and European Union signed a deal in Geneva last week intended to calm the crisis. But the agreement is already in trouble, with Washington and Moscow putting the onus on each other to ensure that it is implemented, including a stipulation that the rebels must disarm and leave the government buildings they have occupied. REUTERS / GETTY IMAGES

GRAND OPENING
Advanced Dermatology Associates of FORDHAM

Medical, Cosmetic & Surgical DERMATOLOGY
All Skin Disorders • All Nail Disorders • All Hair Disorders • All Skin Growths

- Acne
- Cysts
- Warts
- Vitiligo
- Herpes
- Rashes
- Eczema
- Psoriasis
- Hair Loss
- Seborrhea
- Aging Skin
- Birthmarks
- VD & STDs
- Skin Cancer
- Skin Growths
- Genital Warts
- Skin Allergies
- Nail Disorders
- Mole Removal
- Chemical Peels
- Leg Vein Removal
- Broken Blood Vessels
- Red Spots
- Torn & Split Earlobe Repair
- Custom Skin Care
- Scar Correction
- Scalp Conditions
- Fungal Conditions
- Wrinkle Treatment
- Tumors & Growths
- White & Dark Spots
- Complexion Problems
- Laser Treatments
- Restylane
- Hair Removal
- Botox/Collagen
- Skin Rejuvenation
- Cosmetic Skin Surgery
- Laser Peels

All Insurance Plans, Unions, HMOs, PPOs
Medicare & Medicaid Accepted • Day, Evening & Weekend Appointments Available
Board Certified/University Affiliated

Advanced Dermatology Associates FORDHAM
2432 Grand Concourse, Suite 501 • Bronx, NY 10458 • 718-537-5000
Bronx: Parkchester • 1455 West Avenue • Next Post Office & Macy's • 718-239-1500
Bronx: Co-op City • 2100 Bartow Ave, Ste 211 • Bay Plaza Shopping Center • 718-671-1000
Bronx: Third Avenue • 291 East 149th Street. • Bet. Cortland & Morris • 718-742-1000
Midtown: 200 Central Park South Ste 107 • Corner of 7th ave and 59th st • 212-262-2500
www.adv-derm.com
1.800.545.SKIN (7546)

Did you have SHINGLES?
Still in PAIN?

Do you experience:
❒ pain that is sharp, jabbing, or burning
❒ itching or numbness near the shingles area
❒ skin sensitivity ❒ loss of sleep due to the pain

If it has been 9 months or more since the skin rash appeared and you are still in pain, you may be suffering from Postherpetic Neuralgia or PHN. PHN occurs as a result of damage to the nerves during a shingles outbreak. If you are between 18-80 years old, you may be eligible to participate in our research study, which includes investigational medication for PHN pain, at no cost to you. Please call for more information.

(212) 595-5012
The Medical Research Network, LLC
134 E. 93rd St., New York, NY • www.MedicalResearchNetwork.com

LIBI.edu

IT'S YOUR TURN
ASSOCIATE'S DEGREE ➔ EXCITING CAREER ➔ GO EVEN FURTHER
Our degrees are transferable so why limit yourself? Ask about our college partnerships.
Lifetime Job Placement Assistance | International Students Welcome! | GED+DEGREE Available

Earn an Associate's Degree in:
- Homeland Security & Security Management
- Emergency Care Management
- Hospitality Management
- Business Management
- Office Technology/Medical Office
- Accounting

Certificates: (8 months)
- Digital Marketing
- Elder Care Management
- Merchandising and Management
- Health Administration and Technology
- Community Interpreter
- Hospitality Management

STATE AND FEDERAL FINANCIAL AID AVAILABLE TO THOSE WHO QUALIFY

Long Island Business Institute | Creating Success Stories Since 1968
136-18 39th Avenue, 5th Floor, Flushing NY 11354 | libi.edu 718.939.5100
For consumer disclosure, please visit www.libi.edu & click Consumer Information link.

Streaming. Netflix price hike seen boosting global expansion

Netflix Inc.'s planned price hike on new subscribers will allow the video streaming company to increase spending on original content that will help attract more customers globally, analysts said, as many of them raised their price targets on the stock.

Netflix shares rose more than 9 percent in early trading Tuesday after the company said it planned to increase prices for new subscribers and reported a better-than-expected quarterly profit.

Netflix has 32.3 percent video streaming market share in the United States. / GETTY IMAGES

At least nine brokerages raised their price targets on the stock. Raymond James and Cantor Fitzgerald upgraded the stock to their equivalent of a "buy" rating, citing strong growth prospects from international markets. Analysts said Netflix has sufficient room to raise monthly subscriptions for new subscribers by $1-$2 in some countries.

"This dramatically increases our revenue and profit estimates from current markets over the next three years," Pacific Crest Securities analyst Andy Hargreaves wrote in a note. REUTERS

Joint venture

AT&T partners with Chernin Group in online video venture

AT&T Inc. said Tuesday it would partner with Chernin Group media holding company to invest $500 million in a joint venture for web-based video services, making it the latest company aiming to tap the growing consumer demand for online video.

The move follows announcements by Verizon Communications, Disney and Dish Network Corp., which have plans to roll out video products outside a traditional TV subscription.

Besides the $500 million investment, other financial terms of the deal were not disclosed. REUTERS

Master of Science in Nonprofit Leadership

Integrating management excellence and social justice

Sponsored by the Fordham Graduate Schools of Business Administration and Social Service

- 12-month program: Classes meet one night each week and for three weekend immersion sessions.
- Students present their work to nonprofit executives and trustees.
- Graduates receive mentorship from a nonprofit CEO.

Join us for an information session:
Monday May 12 | 5:30 – 7 p.m.
Saturday May 17 | 10 – 11:30 a.m.
Lincoln Center Campus | 113 W. 60th St. | New York City

For more information:
fordham.edu/nonprofits | nonprofits@fordham.edu | 212-636-6676

FORDHAM

PODIATRIST

The Most Advanced Techniques Used for Bunions and Hammertoes

A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasiitis (Heel and Arch Pain)

New Treatment For Heel Pain, Shockwave, PRP as seen on the front page *of The New York Times* | Platelet Rich Plasma Therapy (PRP)

Take the Foot Health Checkup

- My toenails are streaked, discolored, thickened.
- The side of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight - they are crooked, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thicker no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

Feet Hurt? Bunions? Hammertoes? Heel Pain?

Now Featuring genesisplus | CUTERA Helps Eradicate Fungal Nails

If any of these apply to you, call today.

Dr. Paul Drucker, DPM
Dr. Martin McGrath, DPM
184 East 70th Street, B1
Between Lex and 3rd Ave
212-772-3500

Dr. Paul Drucker, DPM
Dr. Martin McGrath, DPM
121 E. 60th St. Suite 3D
(Between Lex & Park) New York, NY
(212) 486-7333

Dr. Ernest Levi, DPM
Midtown - Grand Central
30 E. 40th St., Suite 401
212-685-5100

235 east 22nd street
(between 2nd and 3rd ave)
1212 4867333

Dr. Paul Drucker, DPM

162-15 Highland Ave
Jamaica, NY 11432
(718) 658-9383

Patient is responsible for co-pays & deductible • Most insurance plans accepted • Complete family foot care • Laser surgery available

$3900 BREAST AUGMENTATION
INCLUDES ALL FEES FOR A LIMITED TIME ONLY
CALL NOW FOR A FREE CONSULTATION
(718) 395-5226 | www.doctorsplasticsurgery.com

DOCTORS PLASTIC SURGERY

Free Consultations | Board Certified Plastic Surgeons | 100% Financing Available

Doctors Plastic Surgery - 36-36 33rd Street, Suite 204 Long Island City, NY 11106
Tel (718) 395-5226 | www.doctorsplasticsurgery.com | info@doctorsplasticsurgery.com

Results may vary | Model is not an actual patient | The information contained herein is not intended to replace medical advice offered by physicians or other health care professionals | Please consult a qualified, Board Certified plastic surgeon for specific medical advice tailored to meet your individual medical situation | Additional charges for pre-operation laboratory tests, physician clearance, pharmaceutical products, and other various treatment costs may apply | Advertised price reflects a cash discount for saline implant breast augmentation | The quoted price does not pertain to alternative or additional procedures, such as breast lifts, or breast augmentations with silicone implants.

2 CULTURE

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Tori Spelling is milking this whole affair thing

Does watching someone's marriage implode make for great TV? For me, it makes me want to down a giant vodka smoothie, especially when young children are involved. However, the show runners at "True Tori" (as well as the publisher of Us Weekly in a timed cover story) think mining Dean McDermott's cheating on wife Tori Spelling is hot stuff indeed.

On last night's premiere of Lifetime's "True Tori," McDermott comes clean about having an affair in December with a 28-year-old in a filmed (!) marriage therapy session with Spelling. "My worst nightmare is what I did. Absolutely, I cheated on my wife," he tells the therapist. "I wasn't attracted to her. It was just like a warm body. Sex was an escape, just like drugs and alcohol."

But then he kind of blames the affair on his bad sex life with Spelling. "We had sex once every two weeks. It wasn't fantastic," he said of what occurred in their marital bed.

The two are parents to four children — Liam, 7, Stella, 5, Hattie, 2, and Finn, 20 months.

Spelling will be sobbing on the therapist's couch on the premiere of "True Tori." / LIFETIME

For her part, Spelling seems to be milking the cheating for all it's worth — she appears on the cover of this week's Us Weekly in an exclusive story "about her own traumatic experience with discovering the affair."

I hope they took their kids aside and told them that this was all a ruse to help pay for their college educations. "OK, children. Mommy and Daddy are going to go on national TV to air a crazy amount of dirty laundry. Mommy is also going to appear on the cover of a tabloid about how your father cheated on her. We're sorry for the incredible amount of exposure and the embarrassment this will cause you but you need to go to college so you don't end up like us: fame-hungry bloodsuckers who will sell a devastating event from our lives to the highest bidder."

The Foxx and the bird

I wish I knew the backstory behind why Jamie Foxx is posing with this adorable bird of prey while volunteering for the "Be Amazing" Habitat Restoration Project on Monday in Mountain View, Calif., but all I know is this popped up on my computer screen and I knew I had to share it world. I hope the two of them go on to film the best buddy cop movie of all time. GETTY IMAGES

Talking points

Thurman calls off engagement — again

Uma Thurman has reportedly called off her engagement to multimillionaire hedge fund boss Arki Busson, the second time she has done so, according to the Daily Mail. "Uma and Arki were due to attend a gala together on April 8, but Uma showed up alone, without her engagement ring. It seemed clear there was only one reason why Arki didn't show — because he and Uma are no longer an item," a source says.

More lawsuits against Hollywood elite

Michael Egan, the man suing "X-Men" director Bryan Singer for sexually assaulting him 15 years ago, has filed a new suit naming three more powerful Hollywood figures and detailing their alleged mistreatment of him when he was 17 at house parties near Los Angeles and on two separate trips to Hawaii, according to Radar Online. The men named are former Fox, the WB and NBC programmer and former BBC America president Garth Ancier, former Disney TV president David Neuman and Broadway producer and film director Gary Goddard. The suit claims that Neuman, Ancier and Goddard sexually assaulted Egan on multiple occasions and forced him to ingest drugs and alcohol.

DON'T BE SCARRED, BE CONFIDENT!
Lexington Plastic Surgeons
Your complete scar care treatment facility
VISIT LEXINGTON PLASTIC SURGEONS FOR YOUR CUSTOMIZED TREATMENT

Get rid of unsightly scars once and for all.
• Keloids • Burns • Rosacea
• Acne Scars • Stretch Marks
• Port Wine Stains

www.LexingtonPlasticSurgeons.com
1-888-571-9178
most insurance accepted

PAUL BETTANY

He says the tech milestones of "Transcendence" are about 30 years away.

BLINDING YOU WITH SCIENCE

In "Transcendence," Paul Bettany's character is the first to raise concerns about plans to upload the consciousness of his friend (Johnny Depp) onto a computer as his body fails him. And apparently, in real life it takes much less than that to get Bettany worried about technology.

How plausible is the technology in this film?
Interestingly enough, I went to see a man at Caltech, one of the foremost neuroscientists in the world. He'd read the script, and I said, "Look, I'm just wondering, how far-fetched is this idea?" And he said, "Thirty years." In 30 years we'll upload a human brain into a computer, like you would a song onto an iPod. And I went, "But that's immortality," and he went, "Yes." And this guy isn't a kook. He believes, as do most neuroscientists in the world, that our future is inextricably linked with machinery, and that is the next stage in our evolution.

How do you feel about that concept?
I don't know, I think I feel rather like [my character]: a little concerned about the whole idea. Are we human at that point? Probably not. I mean, it would be the first organism in the history of this planet — which has seen 98 percent of the species that have lived on it wiped out and succumbed to evolution — that opts out of that cruel process. That's an extraordinary thought.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.lu

Paul Bettany stars with Johnny Depp in the sci-fi thriller "Transcendence." / GETTY IMAGES

Q&A

Teach your children

Do you personally have a sense of how far is too far?
I'm a father and I have rules about how long my children are on computer games and how much they're on their phones — and it's very easy to get swept up in it yourself. ... I try to be quite strict about that with myself. But I think it's impossible for us to know. The power of computers is expanding exponentially. Kasparov laughed at the computer that he'd beat and then the next year lost. You're not talking about incremental growth. ... What can we do to remain the masters of it? I'm not sure people are the masters of their connections with phones. I know people who have admitted to me that at dinner they'll go to the toilet to check their mail. That's not being in control — that's the need being in control of you.

PLAY | DINE | UNWIND
Over 5,000 Games. Minutes Away!
Resorts World CASINO NEW YORK CITY
110-00 Rockaway Blvd.
Jamaica, NY 11420
rwnewyork.com
1-888-888-8801
In Queens, near JFK Airport.
Locate Your Free Shuttle:
www.RWRedExpress.com
MUST BE 18 YEARS OF AGE OR OLDER TO PLAY THE NEW YORK LOTTERY GAMES.
PLEASE PLAY RESPONSIBLY. 24-hour Problem Gaming Hotline: 1-877-8-HOPENY (846-7369).

Knee Arthritis Pain?
End Your Knee Pain Without Painful, Risky Surgery!
"Your #1 Choice for Non-Surgical Osteo-Arthritis Knee Pain Relief."
Why You Should Choose Us Today
Precision is the difference. Experience it!
No blind injections. We always hit the mark.
X-ray guided procedure ensures accuracy
As Seen on NY1 1010 WINS
Free Phone Consultation
To see a video of this incredible procedure visit:
www.KneesofNY.com
General 1 Medical P.C.
Most PPO insurances will cover this treatment*. We work with:
GHI MSHIP Empire Medicare Part B
*Coinsurance and deductible apply.
Most Insurances Accepted, Worker's Comp Accepted, No Fault/Car Accident Cases Accepted
1-800-77-Knees (56337)
130 William Street., Suite 903
Btw. Fulton & John St. - NYC 10038
Accessible by:
Call today to schedule your consultation!

Fort Greene • Clinton Hill • Bedford Stuyvesant • Crown Heights

UberAcademic
Summer Day Camp

Attend Open House
To Win One Free Week

ENROLL TODAY! Limited space

Dance & Theater • Academic Enrichment
Sports & Recreation • Swimming • Horseback Riding
Chess • Sculpting & Painting • Glass Making

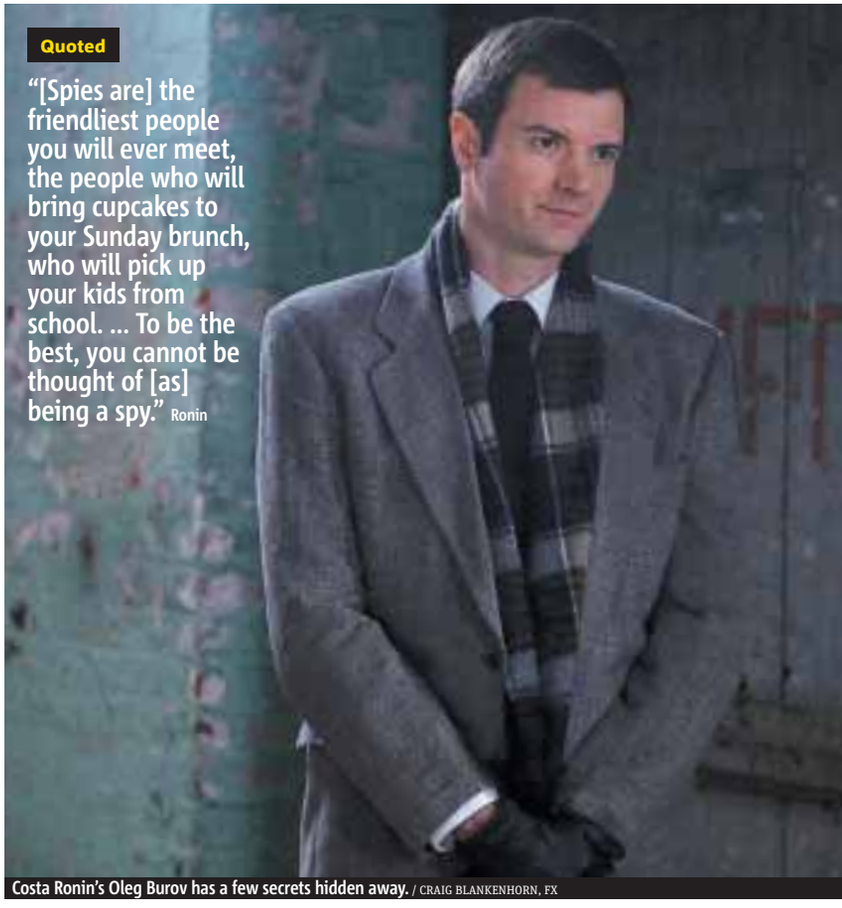
APPLY ONLINE • www.UberAcademic.com
Finacial Aid & Transportation Available

646.573.6867

#ubercamp14

Quoted

"[Spies are] the friendliest people you will ever meet, the people who will bring cupcakes to your Sunday brunch, who will pick up your kids from school. ... To be the best, you cannot be thought of [as] being a spy." Ronin



Costa Ronin's Oleg Burov has a few secrets hidden away. / CRAIG BLANKENHORN, FX

Special offer
from Manhattan's top medical weight loss practice!

Lose up to 10 pounds in 2 weeks!

Jump start your weight loss with a special medically supervised 2 week weight loss program.

2 week special includes:

- Medical evaluation
- Body composition analysis
- Meal replacements
- Nutritional supplements to fire up your metabolism
- Dietary counseling by certified nutritionist
- Appetite management

$399
Schedule your
Free
consultation to kick start your beach body!

MANHATTAN MEDICAL WEIGHT LOSS PHYSICIAN
110 EAST 40TH ST., SUITE 606, NEW YORK, NY 10016
(212) 490-7700
MANHATTANMEDICALWEIGHTLOSSPHYSICIAN.COM

START YOUR HEALTHCARE CAREER WITH US!

Join us for an Open House
Thursday, April 24th 11:00am - 7:00pm

WE OFFER PROGRAMS IN:

- CLINICAL AND ADMINISTRATIVE MEDICAL ASSISTANT
- SURGICAL TECHNOLOGIST
- MEDICAL BILLING AND CODING

• Convenient Manhattan campus (Chelsea)
• Flexible day and evening classes
• Experienced faculty and staff
• Financial aid (for those who qualify)

Swedish Institute
College of Health Sciences

Please visit our admissions office at:
151 West 26th Street
1-888-530-9582
www.swedishinstitute.edu

Swedish Institute's programs are registered with and regulated by the New York State Education Department. Accredited by ACCSC. For important information on program costs, completion and placement rates, median debt incurred, etc., please visit goo.gl/hacsRh.

How to spot a spy

See more at www.metro.us

Interview. "The Americans"'s Costa Ronin explains what separates the good spies from the bad.

"The Americans" thrives on never quite revealing exactly what motivates its various spies and government agents. Who can be trusted and who has a hidden agenda?

While Noah Emmerich's Stan Beeman navigates the intricacies of the FBI, his counterparts in the Russian rezidentura have a new face in their midst: Oleg Burov, played by Costa Ronin. Oleg had one of the show's finer introductions. He misses a summons from rezidentura head Arkady Ivanovich (Lev Gorn) because he was listening to American music too loudly on his headphones. Arkady was quick to write him off as a rich man's son using his connections to get ahead, but Oleg has proven resourceful.

Oleg comes off as pretty confident about his spycraft, but Ronin warns us: "That's his persona." That's the case with everyone on the show, says Ronin. "Everybody's so good at hiding what they think and hiding what they feel because a small display of weakness can lead to somebody dying."

Oleg's apparent bravado may be more for protection than anything else. "He cannot let them see how smart he is, he cannot let them see how savvy he is, he cannot show them all the cards that he's got," Ronin says.

But don't assume that stony-faced people in suits make good agents. Ronin says the good ones are "the friendliest people you will ever meet, the people who will bring cupcakes to your Sunday brunch, who will pick up your kids from school. ... To be the best, you cannot be thought of [as] being a spy."

LISA WEIDENFELD
@LisaWeidenfeld
letters@metro.us

On TV

Slow car chases to race ahead

As the season has progressed, Oleg has begun a careful dance with Beeman, initiated after a slow-paced but intense car chase, of which Ronin says, "They did have to tell me to slow down a few times." He begins blackmailing Beeman over his involvement with poker-faced Rezidentura employee Nina (Annet Mahendru), whom Oleg also begins seeing. It's all a careful balancing act. Will it all come crashing down on him?

"The show's about people and how they struggle with what they have to do," says Ronin. What, exactly, will Oleg have to do? Watch "The Americans" on FX, Wednesdays at 10 p.m., to see whether he's just clever enough to stay ahead of the other spies.

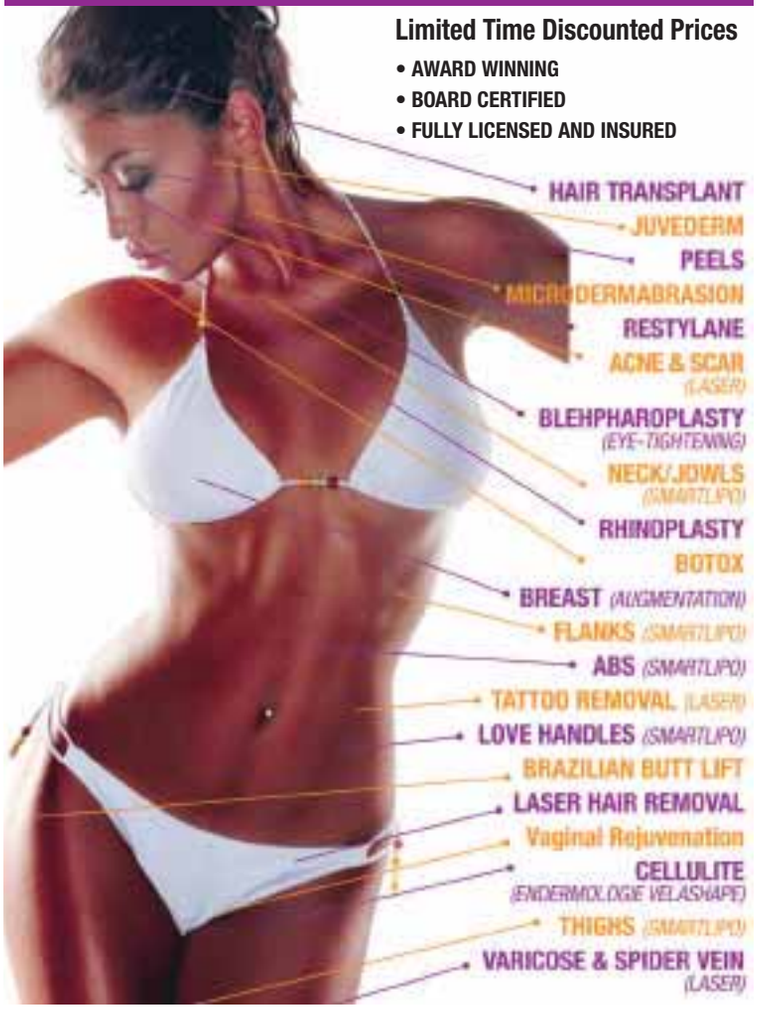
Beauty is in the Curves

www.nybeautysurgeon.com

VISIT BBLDOC.COM

To See Our Amazing Before and After Pictures of Brazilian Butt Lifts.

For your comfort and safety all procedures at our facilities are performed "awake" under under local anesthesia. *Accredited surgical facility & hospital available if needed.*



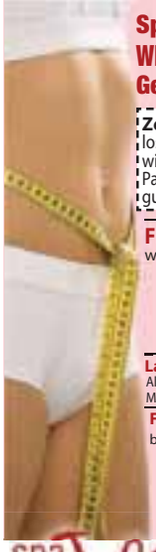
New York Laser Lipo — Surgical & Non- Surgical Cosmetic Enhancement for Men & Women

(212) 695-1999 — 1 West 34th St. • Ste. 402, NYC

(718) 745-7172 — 334 86th St. • BKLN, NY 11209

SE HABLA ESPANOL

Financing Options Available *Insurance not accepted*



Spring on in. Get your body back
WE ARE THE FAT BLASTER SPECIALISTS!
Get in shape with:

Zerona $50 per lose 3-9 inches in 2 weeks with 6 treatments Painless & Permanent guaranteed

Cavi lipo $65 per melt fat, tighten skin and reduce cellulite Painless & Permanent

FREE MICRODERMABRASION with any anti-aging treatment:
- Clear & Brilliant - reduces signs of aging **$199**
- Thermage - in just one session: eye lift, eye bag or crow's feet reduction **$399**
- Fractional - reduce fine lines, acne scars on face **$59**
- Gentle wave - reduce eye discoloration 10 for **$299**

Laser hair removal
All skin types, face and body, permanent hair reduction
Mix and match 6 treatments for **$399**

FREE Spa Specials
buy 1 get the same for you or a friend **FREE:**
- spa manicure with spa pedicure
- wax: brazilian, back, chest, face or full body
- deep pore facial, microdermabrasion or glycolic peel
- 1 hour body rub or body scrub

* All special offers expire 4/30/14

spa Jolie

Become a spa & laser member ask for details
180 7th Ave. South • New York • 212-229-0399
[between Perry St. & West 11th St.]
www.nylaser.net • Open 7 days a week
Free consultation

$45 **Slimming body wrap** reduce toxins & water retention

$15 2 for **Exercise room** Let our machine do all the work and you get all the benefits.

$50 **Lymphatic massage** gentle massage to break up fat

$99 **Skin tightening laser** attaches skin back to muscle non-invasive

$899 **Thermage, one time treatment** reduces fat, wrinkly skin while tightening. on upper arms, stomach, love handles, buttocks, knees, thigh area or face

$99 **Fractional** reduce stretchmarks on any body part

Quoted

"'Snow White' is the most contemporary fairy tale of all, because the beauty of today's women makes the cross-generational conflict very sharp."
Angelin Preljocaj

See this very wicked ballet through April 27 (lc.lincolncenter.org). / JEAN-CLAUDE CARBONNE

'Snow White' is darker in dance

Ballet. "Snow White" embraces fantasy while exploring real social issues.

This weekend, one of the world's most popular fairy tales will dance across the stage as part of Lincoln Center's 2014 Spring Gala. But for this, Ballet Preljocaj's "Snow White," you might want to leave the kids at home. Angelin Preljocaj devised the show in 2008 to embrace the story's more thought-provoking complexities, such as the conflict of aging and beauty. He worked with fashion designer Jean Paul Gaultier on costumes that would help bring this unabashedly dark retelling to life. We spoke with the acclaimed choreographer to understand what inspired his "Snow White."

See more at www.metro.us

Why does this story appeal to you?
I'm interested in telling stories. I wanted to tell the real story of Snow White, not "the myth" or "the legend" of Snow White. In this tale, there is darkness and violence, and — in my show — even cruelty in some ways, but the Grimm brothers' tales are filled with these, too. ... "Snow White" contains elements inspiring for a choreographer's imagination.

How was working with a prolific designer like Gaultier on the costumes?
With "Snow White," I wanted to create an enchanting, magical and fantastic piece. I think the fashion designer who embodies fantasy the best is Jean Paul Gaultier. He had to be the one to create the costumes; it was obvious! Each of his creations tells a story. These aren't simply a dress or a sweater; these are characters. He drew over 60 sketches in less than a week. He works relentlessly, quickly and impulsively. He is full of ideas, some of which may seem odd at first but are ... original and resourceful. … Snow White's dress is spectacular: Its swaddling aspect represents the childish side of the character, while its double length and revealing silhouette allude to the transition to the condition of woman. The imposing volume of the Queen's skirt allows the dancer to perform gestures [reminiscent of a] bullfighter's, with its cape illustrating confrontation.

Why focus on themes of women, age and beauty?
"Snow White" is the most contemporary fairy tale of all, because the beauty of today's women makes the cross-generational conflict very sharp. The wicked stepmother is without doubt the central character in the tale. She is the one I examine through her narcissistic determination not to give up on seduction and her role as a woman, even if it means sacrificing her stepdaughter. The generational discord, which is at the core of "Snow White," is very modern and has a lot to do with the images of women in magazines. Some mothers fight against their age with cosmetic means. In becoming rivals with their own daughters, they somehow resist [the girls'] emerging young beauty.

T. MICHELLE MURPHY
@TMichelleMurphy
tmichelle.murphy@metro.us

Q&A

A worldwide message

What do you hope audiences take away from this staging of 'Snow White'?
The piece has already been around the world and has been performed over 200 times since its creation in 2008. Snow White's legend knows no boundaries and, once again, I hope that New York audiences will be enchanted by the magical and romantic interlude that I've been willing to share with my dancers.

BUY 1 WINDOW
GET 1 WINDOW
50% OFF[1]

SAVE UP TO THOUSANDS!

Because our window's Fibrex material is **twice as strong as vinyl,** our window will help make your home **safer, stronger and more comfortable.** And right now, buy one of our windows—**ANY SIZE**—and your next window is **50% OFF![1]**

› ***EVERY*** double hung window
› ***EVERY*** gliding window
› ***EVERY*** casement window
› ***EVERY*** specialty window

OFFER ENDS APRIL 20TH

BUY 1 WINDOW GET 1 WINDOW 50% OFF[1] WITH $0 MONEY DOWN | 0 PAYMENTS | 0% INTEREST FOR 1 YEAR
with our Instant Product Rewards.

Renewal by Andersen® WINDOW REPLACEMENT an Andersen Company

CALL FOR YOUR FREE WINDOW DIAGNOSIS
800-357-3815

[1]Restrictions and conditions apply; see your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. Offer not available in all areas, discount applied by retailer representative at time of contract execution and applies to minimum purchase of 6 or more windows. Offer does not include bay/bow windows or patio doors. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. To qualify for discount offer, initial contact for a free Window Diagnosis must be made and documented on or before 4/20/14, with the appointment then occurring no more than 10 days after the initial contact. 0% APR for 12 months available to well qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. NJ Consumer Affairs License #: 13HV01541700. NYC Consumer Affairs License#: 1244514. Nassau Consumer Affairs License #: H0810150000. Suffolk Consumer Affairs License #: 43991-H. NYC 1307704. Renewal by Andersen of Central/Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2014 Andersen Corporation. All rights reserved. ©2014 Lead Surge LLC. All rights reserved.

AT HOME WITH metro®

Open house this weekend at Sunnyside Garden Apartments! Saturday, April 26th and Sunday April 27th from 12pm-4pm.
immediate availability,
Fully renovated
1 bedroom for $2200/ month and 2 bedroom for $2950/month. All apartments feature concierge service, Free bike room, on-site laundry, on-site security and live in superintendent.

SUNNYSIDE GARDEN
APARTMENTS
646-708-7200
info@sunnysidegardenapts.com
www.sunnysidegardenapts.com
51-01 39th Avenue Sunnyside NY 11104

PLUS

Priciest

$37.5M

The most expensive property to come on the market this week is a condo located at 158 Mercer St. in SoHo's New Museum Building. Marketed by Douglas Elliman, this six-bedroom duplex penthouse has three landscaped terraces.

Cheapest

$275K

The least expensive property to hit the market this week is a co-op at 25 Tudor City Place in Murray Hill. Marketed by Town Residential, this studio features two large entryway closets, an oversized bath and a pullman kitchen. It is in the landmarked Tudor Tower, a pre-war Gothic Revival building.

StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

STREETEASY

In with the old

"In with the Old: Classic Decor from A to Z" is a guide to 20th century design. / COPYRIGHT ©2013 BY ERICA GEORGE DINES

Design. The Peak of Chic blogger tells us how to decorate with antiques.

Jennifer Boles wrote the manual on classic design. The blogger behind ThePeakofChic.com is an expert on what she calls the "design greats from the past." She weaves together that knowledge with design tips in her book, "In with the Old: Classic Decor from A to Z." To get tips straight from the source, head down to Philadelphia this weekend for the 53rd annual Philadelphia Antiques Show, one of the longest-running antiques shows in the country. Boles will be there April 27.

Who are your biggest design influences?
I greatly admire the work of designers Billy Baldwin and Albert Hadley, both of whom helped to define classic American decorating. Both were adept at coupling classic, traditional design and modern decorative elements. I also respect the late Dorothy Draper.

Can anyone incorporate antiques into their home, or does it only work in certain spaces?
Antiques work just as well in contemporary houses as they do in more traditional interiors — [they] help to soften the sometimes cold, hard lines of modern architecture. Also, keep in mind that one of the advantages to decorating with antiques is their patina introduces depth and maturity to an interior, which is a nice counterpoint to furnishings that are brand new.

How do you choose antiques if you don't know anything about them? Do you need to become an expert first?
If you want to start collecting antiques, it is a good idea to become educated about them. Train your eye by visiting antiques shows, museums and antiques shops. Talk to dealers, most of whom are more than happy to discuss the finer points of collecting. That being said, it's not necessary to become an expert. Buy what you love, but buy within your means.

What's your favorite piece in your home?
My home is a mix of inherited antiques and 20th century design classics, such as a lacquered parsons table and a corkscrew-base drinks table. My favorite piece might just be a 19th century English pier mirror, which once hung in my childhood home.

Boles' Top 5 tips

1. Buy the best you can afford.
2. Collect something, whether it's antiques, black-and-white photography, or books. Collections add personality to a home.
3. Classic furnishings never go out of style, which makes them good design investments.
4. One of the most economical ways to change the look of a room is with a can of paint. Changing a room's wall color can do wonders.
5. A bedroom should be cozy, and one way of achieving that is with wall-to-wall carpet. Generally speaking, I'm not a fan of wall-to-wall carpet, but I do think it does wonders in a bedroom.

Quoted

"Antiques work just as well in contemporary houses as they do in more traditional interiors." Boles

RACHEL VIGODA
@rachelatmetro
rachel.vigoda@metro.us

Sunnyside Garden Apartments
Features Newly Renovated Apartments
in a Beautiful, Park-like Setting in Queens!

Available immediately | 1 Bedroom $2,200/mo | 2 Bedrooms $2,950/mo

SUNNYSIDE GARDEN APARTMENTS

OPEN HOUSE
April 26 – April 27
12pm to 4pm

Contact us to schedule a showing

Fully renovated
• High-end kitchen with ceramic floors & stainless steel refrigerator, stove, microwave, dishwasher, New hardwood floor, New bathroom floor and tile, Crown molding

Elevator building

Ample closet space

As always, Sunnyside Garden Apartments features include:
• Concierge service • 30 minutes from Grand Central Station on the 7 train
• Close to Long Island Railroad (Woodside Station) • Free bike room
• Tenant storage (separate fee) • On site laundry • On site security
• Parking lot across the street (separate fee) • Live in superintendent

646.708.7200 | info@sunnysidegardenapts.com
51-01 39th Avenue Sunnyside NY 11104 • www.sunnysidegardenapts.com

PARKCHESTER
SPACIOUS LIVING • AFFORDABLE RENT

ELEGANT NEW KITCHENS • GRANITE COUNTERTOPS
NEW APPLIANCES • STAINLESS STEEL FINISHES
1 & 2 BR RENTAL APARTMENTS START AT $1125 PER MONTH*
MACY'S, STARBUCKS, APPLEBEE'S, SUPERMARKETS, blink FITNESS
and MUCH MORE ALL ON-SITE • 24 HR ROVING SECURITY
30 MIN TO MIDTOWN • NO BROKER FEE • EARLY & FUTURE OCCUPANCY
Open House: Tues & Thurs 5:00-7:45pm • Sat 10am-1:45pm

917-634-5295
or apply online at www.parkchesternyc.com

*Apts with traditional kitchens still available starting at $1010

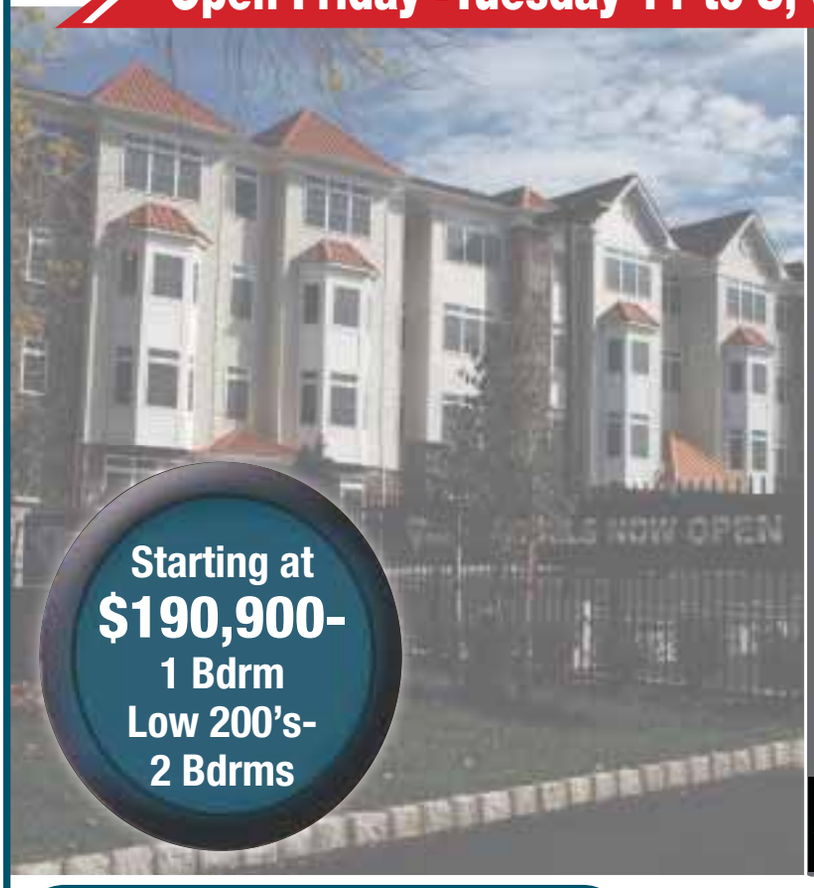
LOCATION, LOCATION, LOCATION

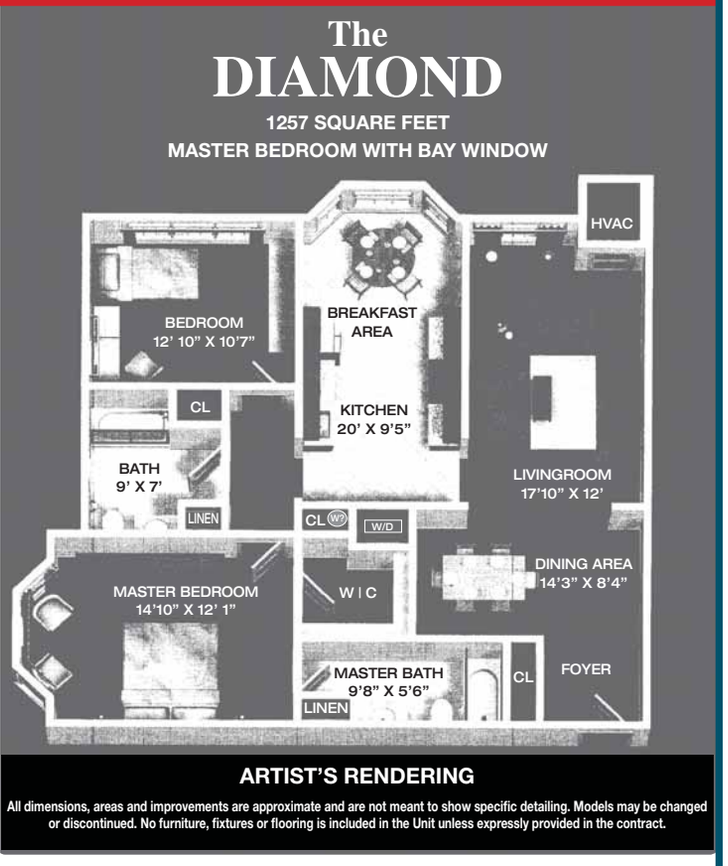
More than 50% Sold

Be One of the First to See These Luxurious New Construction Condos for Yourself!

FULLY FURNISHED MODEL

Open Friday -Tuesday 11 to 5, closed Wednesday and Thursday





ARTIST'S RENDERING

All dimensions, areas and improvements are approximate and are not meant to show specific detailing. Models may be changed or discontinued. No furniture, fixtures or flooring is included in the Unit unless expressly provided in the contract.

OUTSTANDING AMENITIES

- Two state of the art elevators
- Fully equipped exercise room
- Security Cameras
- Gorgeous hardwood floors throughout
- Designer Kitchens with stainless steel appliances
- Granite countertops

COMMUTERS DREAM!!!

Within 1 block to the train station
of New Jersey Transit North Jersey Coast Line, approximately a 35 minute train ride to the New York Cirt Penn Station

Easily accessible
to most main NJ Highways, The Parkway, Turnpike & Rt. 9.
Bus transportation throughout the area.

Local to
cafes, boutiques, area markets all for your convenience.

THE PARKLINE CONDOMINIUM

1-855-296-4900 I parklinecondos.com
102-104 E. Elizabeth Avenue, Linden, New Jersey

NOTICE OF PUBLIC HEARING

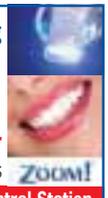
NOTICE OF A FRANCHISE AND CONCESSION REVIEW COMMITTEE ("FCRC") PUBLIC HEARING to be held on Monday May 12, 2014 commencing at 2:30 PM at 22 Reade Street, Borough of Manhattan on the following items: 1) a proposed information services franchise agreement between the City of New York and Metro Fiber Co., LLC; and 2) a proposed telecommunications services franchise agreement between the City of New York and Metro Fiber Co., LLC. The proposed franchise agreements authorize the franchisees to install, operate and maintain facilities on, over and under the City's inalienable property to provide, respectively, information services and telecommunications services, each as defined in the respective franchise agreements. The proposed franchise agreements have a term ending June 30, 2021, subject to possible renewal to the fifteenth anniversary of the date the agreements become effective, and provide for compensation to the City to begin at 30 cents per linear foot in Manhattan and 25 cents per linear foot in other boroughs, escalating two cents a quarter thereafter, subject to certain adjustments.

A copy of the proposed franchise agreements may be viewed at The Department of Information Technology and Telecommunications, 2 Metrotech Center, 4th Floor, Brooklyn, New York 11201, commencing April 21, 2014 through May 12, 2014, between the hours of 9:30 AM and 3:30 PM, excluding Saturdays, Sundays and holidays. Hard copies of the proposed franchise agreements may be obtained, by appointment, at a cost of $.25 per page. All payments shall be made at the time of pickup by check or money order made payable to the New York City Department of Finance. The proposed franchise agreements may also be obtained in PDF form at no cost, by email request. Interested parties should contact Roxanne Chambers at 718-403-6730 or by email at RChambers@doitt.nyc.gov.

NOTE: Individuals requesting sign language interpreters at the public hearing should contact the Mayor's Office of Contract Services, Public Hearing Unit, 253 Broadway, 9th Floor, New York, New York 10007, (212) 788-7490, no later than SEVEN (7) BUSINESS DAYS PRIOR TO THE PUBLIC HEARING. TDD users should call Verizon relay service.

The Hearing may be cablecast on NYCMedia channels.

$1 ZOOM! Laser Teeth Whitening
(w/Check-up and Cleaning*)
*covered by your PPO Dental Plan
AS SEEN ON TV DR. STEVE
Up to 12 Shades Whiter in just 1 hour
Call (212) 537-6923 - Open Weekends and Evenings
30 East 40th St. #105 • 1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com (exp 4/30/14)



Defending the facial

Spa week. Why you should devote some time — and money — to your face.

What do you think about facials? Are they a necessary pampering or a splurge of epic proportions? Most people splurge — as of 2012, the treatment is the third most popular service in the $14 billion spa industry (massages and nail care come in first and second, respectively), according to the International Spa Association.

But what can a facial do for your face that a washcloth and soap can't?

Julie Vick, an aesthetician and owner of Bushwick's Brooklyn Skin Therapy, is, not surprisingly, an advocate of the facial. "Facial treatments are a great way to 'check in' with our skin: They unclog pores, rebalance hydration levels and boost collagen," she notes.

If you go

Ling Spa
12 E. 16th St.
212-989-8833
www.lingskincare.com

Brooklyn Skin Therapy
93 Pilling St., Brooklyn
646-248-3311
www.brooklynskintherapy.com

For Spa Week (through Sunday), Ling Spa is offering various specials, most notably its Energy Lift Facial with tourmaline gemstones (45 minutes for $50; no extractions). / PROVIDED

"A good skin therapist can help you understand your skin and how to get it in balance. Facial treatments and home care go hand-in-hand."

Ling Chan, the famed facialist and owner of Ling Skincare, agrees. "A good spa should teach skin care — not just a facial." Chan says she and her team analyze each face that comes in; there is no such thing as a one-facial-fits-all. Ling and her team still do extractions — somewhat of a lost art in today's spa world. "This is not a pampering," she told me before she began to work on my face with her pricey (but ultimately worth it) 90-minute Energy Lift Facial, a multi-step event that includes a back massage, peels, extractions and masks. Ling then gave me some products to test at home — her expertise and the treatment were just what my winter-parched face needed.

But not every aesthetician is as skilled — or honest — as Chan and Vick. So how to you make sure you are getting the best treatment possible? The smartest bet, notes Vick, is to try out different aestheticians to find one that fits your lifestyle and budget. "As a woman in my 30s, I know this industry does everything it can to exploit and confuse us into spending money on things we don't need," she says.

"I see it as an integral part of my job to empower my clients to see through marketing hype and make smart choices based on science, not snake oil."

Going on now

Spa Week is here

Spa Week is back, and many spas throughout the city are offering discounted rates on services through Sunday. To find the best deals and locations, visit www.spaweek.com.

DOROTHY ROBINSON
@DorothyatMetro
dorothy.robinson@metro.us

Specialized Diagnostic Medical Sonography Career Training at
Center for Ultrasound Research & Education

CURE
Center for Ultrasound Research & Education

- 12-24 Month Certificate Programs
- Day and Evening Classes • Job Placement Assistance
- 0% Interest Financial Assistance Available
- Licensed by NYSED/BPSS • Growing, In Demand Profession

CALL 1-855-THE CURE • (1-855-843-2873)
271 North Ave. New Rochelle, NY • www.cure.edu

ULTRASOUND CAREERS BEGIN HERE
Accredited by ABHES

Spa Week

Personalize your massage at a private practice

New Yorkers can find an urban retreat at CityTouch Licensed Massage Therapy, located in Chelsea.

CityTouch is an exclusive private practice that offers tailored massages in a personalized environment. Rob Gonzalez, the founder of CityTouch, and Brandi Ryans are the spa's only massage therapists, and that's all you need, as they only serve one client at a time.

Before settling in for the treatment, the client fills out a short questionnaire to help the therapist customize the massage to their needs. From muscle-specific deep tissue treatments to a relaxing traditional Swedish massage, CityTouch therapists work with each client to provide the best experience based on their goals.

Another perk is the electronic charging table, which lets your devices recharge while you do.

Other treatments include a Detox Restorative Body Treatment that rejuvenates the body by targeting trouble areas because of things like stress and hangovers; a prenatal massage to release tension for expectant mothers; and reflexology to soothe aching muscles.

CityTouch personalizes the spa experience, catering to clients' individual needs. / PROVIDED

JENNIFER VALDEZ

Motivation. Jillian Michaels wants to be your life coach

Jillian Michaels may be a superstar trainer on "The Biggest Loser," but really, she tells us, "It's actually never been about fitness." Indeed, as she travels across the country for her second "Maximize Your Life" tour, Michaels seeks to inspire audiences to create change in areas beyond the gym. The intimate, interactive show has her fielding questions from audience members and bringing them up on stage for participation exercises. "It's a medium that I really love," she tells us. "It's the most effective, in my opinion, to help people change their lives."

Michaels gave us a sneak peek of the self-help talk you can expect from her show.

1 Start with your health and build upward

"Your health is a platform you build your life on top of," Michaels says. When you achieve physical goals, you can take on other challenges, like building your self-confidence. It's worked for Michaels herself. As an overweight kid, she was bullied — but then took up martial arts. "I became confident," she says.

2 Identify your 'why'

"This means what we fight for, what we live for, what we sacrifice for, what we work for," Michaels says. Broad strokes won't work here, she says — you can't choose health, love or money as your goal. "[That] is not anything that you connect to emotionally or define. It's pretty much like being a ship that's lost at sea. It's work without purpose." Your 'why' should be as specific as possible. So instead of "losing weight," your goal might be "wearing skinny jeans" or "meeting my great-grandchildren."

"It's really important for me personally to go out and bring the show and the information to people and have that direct connection to the audience," says Michaels. / DON FLOOD

If you go

Jillian Michaels' 'Maximize Your Life' Tour

April 27, 3 p.m.
Beacon Theatre
2124 Broadway
$30-$172.30
www.ticketmaster.com

3 Understand your blocks

A crappy self-esteem is not made in a vacuum, says Michaels, who during the show helps audience members "understand and comprehend the origin of their defeating behavior." When you understand where negative thoughts come from, you are on the path to changing them.

4 Appreciate life's imperfections

Even though we strive to be so every day, "'Perfect' is not part of the human condition," Michaels says. "Life is about progress. It's about being a whole person, not a perfect person." Those flaws you think you have? Flip the switch on them. "They give us depth, wisdom, empathy," she says. MEREDITH ENGEL

SPECIAL
INVISALIGN SALE

0% financing as low as $99/month

$2500 invisalign express! exp. 4/31/14

FEEL CONFIDENT IN YOUR SMILE.

ASK IF INVISALIGN IS RIGHT FOR YOU ~ THE CLEAR ALTERNATIVE TO BRACES

Invisalign Center Of NY
at Manhattan Dental Spa
200 Madison Ave, Suite 2201
212-683-2530 • manhattandentalspa.com

Elite PROVIDER for the last 9 years

Are you HIV positive?
Need help paying for medication or health insurance?
ASCNYC is here for you.

Through our Access-To-Health Care program, you can:

- Get health insurance, housing, food, MetroCards and more
- Connect to quality medical care
- Find affordable medication

ASCNYC
positive change

Call or visit today!
212.645.0875 • www.ascnyc.org

All services are free, confidential, and easy. We speak English, Spanish, French, and Haitian Creole. We're conveniently located, with offices in Union Square, East Harlem, Washington Heights, and the Lower East Side.

GET CONNECTED. GET INFORMED. STAY HEALTHY.

This publication was supported by grant number X07HA00025 from the U.S. Health Resources and Services Administration (HRSA). This grant is funded through Title II of the Ryan White Comprehensive AIDS Resources Emergency Act of 1990, as amended by Part B of The Ryan White HIV/AIDS Treatment Extension Act of 2009. Its contents are solely the responsibility of Health Research, Inc. and do not necessarily represent the official view of the funders.

STEM CELL HAIR
REGROWTH SPECIALISTS

LOSING YOUR HAIR?
Forget about ointments, Shampoo, and hair transplant!

The revolutionary technology of the Hair Cells Plus Clinic is now available in America! The unique non-invasive method of Europen scientists in hair restoration! No side effects! Excellent results in both men and women! Hurry up!

BRING THIS AD OR A TAKE PHOTO OF IT AND RECEIVE
SPECIAL A FREE CONSULTATION ON YOUR VISIT. SPECIAL
Actual value of this free consultation is $250
(Cannot be combined with any other offer)

HAIR CELLS PLUS A REAL CHANCE TO GET BACK YOUR HAIR
5911 B 16th Ave. Brooklyn, NY 11204 • info@haircellsplus.com 718 872.6465
www.haircellsplus.com

RELIEVE YOUR FOOT PAIN TODAY!

When it comes to picking a foot surgeon, experience and specialization should enter into the decision making process. Since 1981, choosing the Board Certified Foot Surgeons at Manhattan Podiatry Associates, PC allows you the satisfaction and security that you are receiving the highest quality of care utilizing innovative techniques and the latest state-of-the-art technology from some of the most experienced, respected foot surgeons in the country!

New & Advanced Treatments

- Minimally invasive Bunion surgery
- Shockwave therapy for Heel Pain, Plantar Fasciitis, and Tendonitis
- Hammer Toe and Neuroma repair
- Laser surgery for Warts, Scars, and Toenails
- Toe Shortening and Straightening
- Cosmetic foot surgery

Most Insurance & HMO Plans Accepted

MANHATTAN
PODIATRY • ASSOCIATES P.C.

MIDTOWN
133 East 54th Street
212.759.9090

DOWNTOWN
42 Broadway
212.785.1717

UPTOWN
157 East 86th Street
212.722.2424

GRAND CENTRAL
36 West 44th St.
(5th/6th ave.)
212.768.7999

www.relievefootpain.com

Get the flattest abs – ever

See more at www.metro.us

Tired of sucking it in? This workout will help you get rid of that protruding belly — for good.

Because relying on elastic waistbands isn't a long-term solution, we asked Stacie Clark, celeb trainer and star of the Women's Health Power Sculpt Series DVD, to talk us through the real tricks to getting rock-hard abs.

Follow her advice and you'll be just fine:

Stop obsessing over every little fluctuation

"Our body changes daily from uncontrollable things such as bloating and dehydration — but these temporary ups and downs don't accurately reflect our weight. If you want to notice a change in your body composition, you're much better off scheduling weekly check-ins, where you step on the scale and record your measurements, than freaking out about what you can see in the mirror."

Pencil in recovery

"Always take one or two days off a week during which you allow your body to recover, because that's how change happens. Exercise breaks down the muscle fibers, and it's the healing recovery process that reshapes the body."

Learn proper portion size

"There are so many external variables that can mess with your appetite — including strenuous workouts and stress — that what you really need to focus on is this: Does it fit in the palm of your hand? Have an objective measure of how much to eat at one time. A serving of carbs, a serving of vegetables and a serving of protein — the right mix, but a palm size."

Doing 100 crunches doesn't do the trick

"Your stomach is made up of 29 muscles and 58 attachments — you can't possibly hit a ll of those with one up-and-down movement. You need to do a 360 workout that will fully engage, trigger and recruit your core."

Watch what you eat — but don't be too specific

"There is no answer when it comes to what foods to avoid for a flat stomach — everyone is different — but keep nutrition in mind. Most people should avoid high-sodium foods and refined sugars, fats and carbs, which make you feel tired and bloated."

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

Free one-to-one education and support for psoriasis

If you have psoriasis, the Psoriasis Patient Advocate Program* from AbbVie is here for you.

- Personalized education and support from a specially trained psoriasis patient advocate
- Resources and information about psoriasis
- Insights about how to have more productive conversations with your doctor

Thousands of people have taken advantage of the Psoriasis Patient Advocate Program. Now you can, too. Simply visit psoriasis.com to learn more and join us.

* Advocates can provide you with psoriasis education and resources and offer support, but cannot provide medical advice or replace your conversations with your health care provider.

©2013 AbbVie Inc. North Chicago, IL 60064
NC 64Y-994802 June 2013 Printed in U.S.A.

abbvie

metro Love with Food

LIKE Metro on Facebook and you could win a 1-year deluxe membership to Love with Food!

($204 value)

Every month, you'll receive a curated box of unique, hard-to-find, tasty snacks, which varies based on seasonal themes.

ENTER BY 5/4!

THE FLAT-AB WORKOUT

Your body isn't going to change unless you combine this workout with some cardio and proper nutrition, says Clark. "Do these moves 3-4 times a week," she advises. Do 8-12 reps and three rounds for each move.

1 Reverse Lunge with Front Arm Raise

WHY: The combination of unilateral balance (keeping your body steady as you lunge back on one foot) and raising weights out in front of your body activates your entire core.

HOW: Hold a pair of dumbbells at arm's length at your sides. Keeping your chest tall and shoulders back, step one foot back and bend both knees to lower into a lunge, while simultaneously raising the weights in front of you to shoulder height, keeping your arms straight. Press through your front heel to return to start. Repeat on the other side. That's one rep.

2 Plank to Pop-Up Squat

WHY: This move reinforces proper posture and form, resulting in a strong core.

HOW: Start in a push-up position, hands under your shoulders and legs extended, body forming a straight line from head to heels. Brace your core and jump your feet outside your hands, then quickly lift your chest and hands so that you're upright. Reverse the movement to return to start. That's one rep.

3 Reach Out Push Up

WHY: This engages your entire core with a deeper emphasis on the obliques. As you reach out, your body weight shifts, offsetting your balance.

HOW: Place your hands on the floor under your shoulders and extend your legs behind you, so your body forms a straight line from head to heels. Reach one hand 12 inches to the side and bend both elbows, lowering your chest toward the floor. Return to start and repeat on the other side. That's one rep.

4 Track Start Deadlift

WHY: This move requires 100 percent core stabilization, targeting every abdominal muscle and attachment.

HOW: Place a dumbbell on the floor in front of you and stand with your right foot a few feet in front of your left. Bend both knees, keeping your right knee over your ankle. Lower to grab the dumbbell by both ends, keeping your chest lifted. Press through your right heel to straighten your leg, raising your left leg into the air behind you (forming a T-shape with your body) and lifting the weight off the ground, arms straight and directly under your shoulders. Slowly lower your body back to start. That's one rep.

To see more moves, go to www.metro.us.

Fidelis Care is working to keep our members and the community healthy.

Measles and Chickenpox are just two of the diseases that you can prevent by having your child immunized.

Children under the age of 2 don't have all the defenses they need to fight off infection. Immunizations (shots) protect them from dangerous childhood diseases like:

- Whooping Cough
- Hepatitis
- Rotavirus
- Mumps
- Diphtheria
- Flu
- Polio
- Measles
- Chickenpox
- Tetanus and more...

Child Health Plus — New York State's Health Plan for Kids

Is Your Child Covered? Fidelis Care offers New York State sponsored free or low-cost health insurance coverage for children under 19 through the Child Health Plus program.

1-888-FIDELIS · fideliscare.org
(1-888-343-3547) | TTY: 1-800-421-1220

Some children who had employer-based health insurance coverage within the past three months may be subject to a waiting period before they can enroll in Child Health Plus. This will depend on your household income and the reason your children lost employer-based coverage.

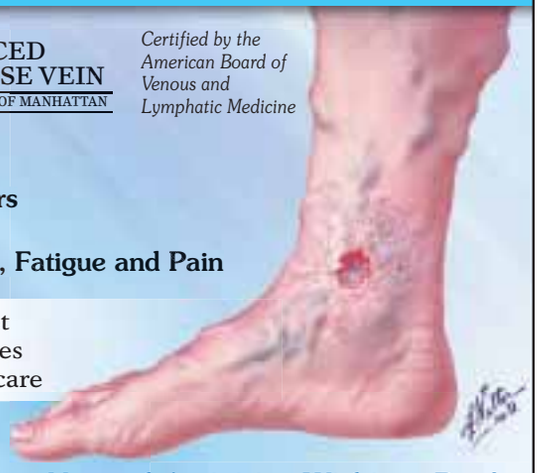
Do You Suffer from
Varicose Veins?
212.204.6501

ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN

Certified by the American Board of Venous and Lymphatic Medicine

Get rid of ...
• Venous Ulcers
• Spider Veins
• Leg Swelling, Fatigue and Pain

Covered by most health insurances including Medicare



Return to Your Normal Activities Within a Day!

Hablamos español • Говорим по-русски
www.TreatmentsOfManhattan.com
drlev@treatmentsofmanhattan.com

Downtown Manhattan
111 John St., Ste 1450
New York, NY 10038
(bet Pearl & Cliff St.)
Fulton St. Station: 2, 3, 4, 5, A, C, J, Z

'DESSERTS' SPELLED BACKWARD

By this time next week, I'll be in Boston — days away from getting married. There are so many things on my to-do list that it feels like every time I cross something off, two more appear.

Finding time to get to the gym is getting increasingly harder, and although I'm still eating the right things, I'm probably not having enough of them.

I'm certainly feeling stressed, and diving head-first into a pint of ice cream isn't an option. Or, at least, it's not an option for me. I've done a lot of hard work over the past few months and don't want to wreck it now.

I once saw a great sign that said: "Stressed is desserts spelled backward." Trust me, it's tempting to trade one for the other, but the temporary enjoyment of indulgence will backfire. Not only will I feel guilty, but the post-sugar crash will make me feel worse. Even though Easter candy is now half-price, I just can't.

I'm trying to find other ways to relax, and going to my gym helps. Whether it's running out my aggression on a treadmill or doing breath work in a yoga class, I'm finding outlets that make me feel better — or at least too tired to worry. Meeting other brides to vent with has also been really helpful.

Look for my next column May 7, when I'll be back with a recap (and to review our wedding cake!).

VOWING TO GET HEALTHY
AMANDA ART
amanda.art@metro.us

Progress report

Starting stats
(as of Jan. 29)

Weight: 209.5 pounds
Body Mass Index (BMI): 36
Chest: 48 inches
Waist: 41 inches
Hips: 48.5 inches

Current stats
(as of April 22)

Weight: 183.5 pounds
BMI: 31.5
Chest: 43.5 inches
Waist: 37 inches
Hips: 42.5 inches

This is the only cake Amanda's got her eyes set on. / COLOURBOX

Too much salt can lead to heart attack and stroke.
Compare labels. Choose less sodium.
Nutrition Facts
Sara's Cooking
Sodium 380mg
Sodium 600mg
MOST SALT YOU EAT COMES FROM PACKAGED FOODS, NOT TABLE SALT.
To learn more, call 311 and ask for a HEALTHY EATING PACKET or visit nyc.gov and search "SODIUM."
NYC Health

Sleepwalking, Redefined.

Register Today!

Power Walking is a terrific form of exercise - it's one of the few sports that uses the whole body. Join us Saturday July 26th at The MoonWalk New York City presented by Empire BlueCross BlueShield and challenge yourself to Power Walk...overnight... wearing a gloriously decorated bra...raising money and awareness for breast cancer!

Visit **www.walkthewalkamerica.com** for great tips on creating a training plan, how to find the right shoes and much more.

Keys to Power Walking

1. Good Posture
2. Heel Strike
3. Mid-Stance Position
4. Push Off
5. Cross Through

© Walk the Walk Worldwide 2014

Saturday July 26th 2014
www.walkthewalkamerica.com

walkthewalkamerica®
uniting against breast cancer

BENEFITTING:

Memorial Sloan Kettering Cancer Center

PARTNERS:

metro · 4 NEW YORK · PRONTO · 107.5 WBLS FM · DARBY SMART MADE BY ME

the MoonWalk© new york city 2014

presented by Empire BlueCross BlueShield

Nutrition at your doorstep

LOVE WITH FOOD PROVIDED

Convenience. Snack-delivery services are helping customers on their path to good eating.

Snacks: For most of us, they're the most brainless impulse buys at the grocery store. We purchase them in moments of weakness that are quickly replaced by feelings of remorse. But because we all need quick, easy nutrition sometimes, healthful snacks can actually improve your diet, not destroy it.

Enter the burgeoning snack-box delivery trend. "Curated" collections of healthy snacks delivered on the regular might sound like a luxury, but these services are surprisingly affordable.

Love With Food

Your Love with Food subscription provides monthly packages of hard-to-find, seasonal organic snacks free of hydrogenated oils and high-fructose corn syrup. Items are chosen in accordance with fun themes, such as April's "Weird, Wild and Wonderful Foods with Andrew Zimmern," which contain air-popped sorghum grain, organic fennel pollen and chili and lime chickpea snacks. For every box, the company donates a meal to a hungry child.

Delivers to: U.S.
To order: A tasting box monthly subscription is $12. Sign up for six months of tasting boxes and pay $11 a month; a year of tasting boxes is $10 a month. Order a deluxe box for $20 a month. A six-month subscription is $18 a month, and a yearly plan is $17 a month. www.lovewithfood.com

Graze

With the help of a nutritionist, Graze works with small suppliers to provide boxes that contain a variety of snacks in balanced portions to help you adhere to the 80/20 rule: Be good 80 percent of the time, and indulge for the other 20 percent. Choose from snack "themes" like dips (such as spicy chipotle or banana caramel); savory collections containing, for example, rosemary bruschetta; fruit, nut and seed collections; or "a touch of chocolate."

Delivers to: Continental U.S.
To order: $6 every two weeks, www.graze.com

VIRGINIA PELLEY
@MetroNewYork
letters@metro.us

Do good

Conscious Box

Choose from vegan, gluten-free or "classic" boxes filled with a variety of non-GMO products such as fair-trade chocolate, hemp salve and natural beauty and cleaning products.

Delivers to: Continental U.S., overseas to APO addresses and U.S. territories
To order: $9.95 for a monthly subscription, $6.95 a month if you order an annual plan. Prices include shipping. www.consciousbox.com

Do you struggle with
Diabetes & Weight?

✓ *Are you taking oral medications for type 2 diabetes?*

✓ *Have you struggled to lose weight?*

The ENDO Trial

Right now, doctors at The Friedman Diabetes Institute at Beth Israel Medical Center are accepting new participants for the ENDO Trial. If you are overweight and currently taking oral medication for your type 2 diabetes, you may qualify to participate.

The study is evaluating **EndoBarrier®** - an investigational, non-surgical medical device designed to decrease blood sugar and body weight.

There is no cost to participate, and all study-related care will be overseen by a team of specialists.

Take *the* Next Step
To learn more, please call **1-888-978-8399** or visit **www.EndoBarrierTrial.com**

QUALITY DENTURES AND DENTAL IMPLANTS THE SAME DAY

SPRING SPECIAL Exp: 5/15/14
OVERDENTURES *with implants*
$3,600* per lower
$4,500* per upper
Customary fee $7,600+ per arch
*Additional charges may occur for more complex cases. Ad must be presented for discount.

- Full Service Dental Office
- Repairs & Relines While-U-Wait
- Dental Implants • Crowns & Bridges
- Cosmetic Dentistry
- Senior Citizen Discounts

www.heraldsquaredental.com

Smile with Confidence!
CALL NOW
212.689.0024

Leaders in Implant Dentistry! - Est. 1977
Free Consultation • Most Insurance Welcome
224 W 35th St.New York, NY 16th Fl., Btwn 7th & 8th Avenues

Horoscope

♉ Taurus | April 21-May 21. Avoid confrontations. You may feel that your goals are out of reach, but that doesn't mean you should give up.

♊ Gemini | May 22-June 20. You'll attract attention with your personal philosophy. Present a confident attitude to the world. Your dreams will come to pass if you are ingenious

♋ Cancer | June 21-July 22. Do a good deed by offering your knowledge to someone who could use a helping hand. Take time to review your papers.

♌ Leo | July 23-Aug. 22. You will regret an emotional outburst. Remain calm and walk away rather than get upset. An argument will not solve anything.

♍ Virgo | Aug. 23-Sept. 22. Make sure to maintain good health in the coming days. Stick to a nutritious diet. Acquaint yourself with various sports

♎ Libra | Sept. 23-Oct. 22. You will gain a lot of pleasure from a cultural or artistic hobby. Go ahead and indulge your creative needs. Choose a project that excites you.

♏ Scorpio | Oct. 23-Nov. 21. Indulge in activities or workouts that can boost your confidence. Consider a day trip to an interesting destination.

♐ Sagittarius | Nov. 22-Dec. 21. Make travel plans, or set your sights on an adventure. Get together with an old friend and share memories.

♑ Capricorn | Dec. 22-Jan 20. Devise a firm plan that will ensure you a brighter future. You will be clear-headed and industrious today, allowing you to hone your skills.

♒ Aquarius | Jan. 21-Feb 18. Entertainment should highlight your day. You will be inspired and inspirational in equal measure. Share your ideas.

♓ Pisces | Feb. 19-March 20. Your vivid imagination will lead to many possibilities and interesting pursuits. Write down any ideas that come to you.

♈ Aries | March 21-April 20. Show your leadership abilities. Your contributions will bring you great respect. A romantic relationship will enhance your life.

BERNICE BEDE OSOL

Sudoku: Easy and hard

		8			2	3		
6	7				5		8	2
		9	4				1	6
			6			7		1
9		1			4			
1	3				7	4		
4	8		2				7	3
		7	3			6		

			7					
9	7			6	5			2
				9	8		3	
		4	6		7		9	5
	1						7	
7	2		5		4	6		
	8		3	7				
1			2	5			8	3
					6			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Wake up and smell the warming

Re: 'Change your mind on climate change' (Metro, April 22) The reason that scientists changed the nomenclature of the man-made ecological disaster ruining the Earth is because people like letter writer Tom Ward can't understand that the melting ice caps are changing the weather patterns in the U.S. in such a way that winters now feel colder, so, "Hey, why is 'global warming' when it's getting colder?" It almost makes me glad that this nightmare will ultimately engulf all life on this planet, if only to end the miserable blinkered stupidity of such people.

JAMES A. WU, VIA EMAIL

Bordering on unfair

Re: 'Illegal lawlessness' (Metro, April 22) I couldn't agree more with letter writer Ken Wendall regarding the word "illegal." I keep thinking I must be missing some information somewhere, as I can't for the life of me understand how these immigrants, who enter our country illegally, are not deported immediately. How can we expect anyone else who wants to enter the country to do it legally. Why bother with the hassle? Our leaders need to wake up before it's too late.

GAIL MCIVER, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Online

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!

Interactive Crossword

Crossword

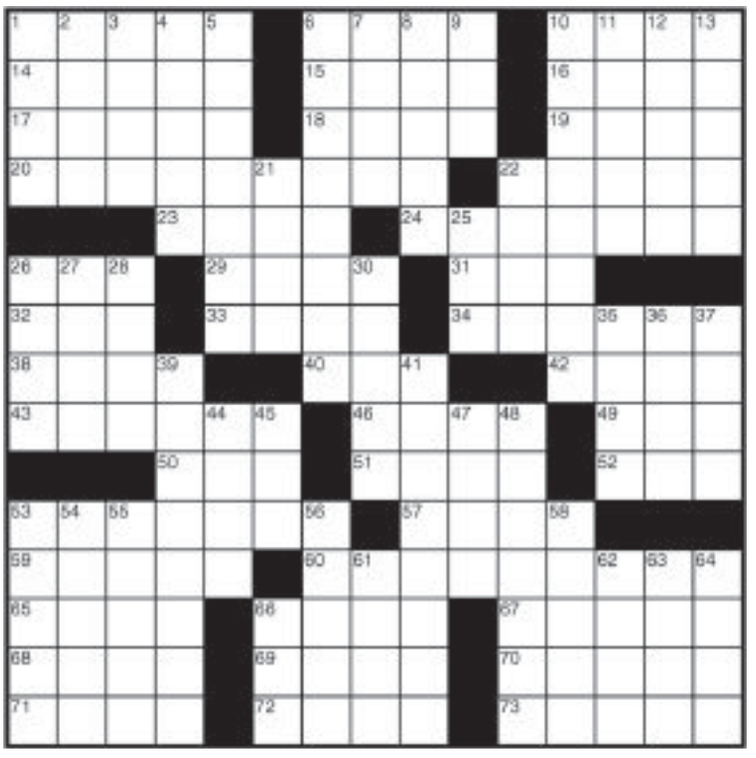
Across

1 Fishtailed
6 Cellar, briefly
10 Circus routines
14 Remove graphite
15 Cattail
16 After that
17 Ekberg of films
18 Bireme movers
19 Improve, as skills
20 Where monks dine
22 High-IQ group
23 Kind of rage
24 Headed for the hammock
26 Big cheese
29 Soir follower
31 "— Baba and the Forty Thieves"
32 Bullring shout
33 Rabbit dish
34 It gets dunked (2 wds.)
38 Guide
40 Charlotte of "Bananas"
42 Agreeable
43 Insert a leaf
46 Pew locale
49 Hibernate
50 Extinct bird
51 Part of G.T.O.
52 Wind dir.
53 Run amok in the mall
57 Romanov title
59 Classic Tierney role
60 Intensity
65 Ranch measure
66 Dry riverbed
67 George or T.S.
68 Belly dance "must"
69 Comics pooch
70 Steamship
71 Whirlpool
72 Not e'en once
73 Peach pit

Down

1 Wine label info
2 Handel contemporary
3 Very thin model
4 Organic compound
5 Minor clergy
6 More gloomy
7 Char a steak
8 Ms. Streep
9 QB objectives
10 Spartan's foe
11 Cheech's partner
12 Nervous
13 Golfer Sam—
21 Without any slack
22 Pack animal
25 Breakfast grain
26 Meadow rodent
27 Holly tree
28 Fuel from a marsh
30 Nasal tone
35 Wait awhile
36 Playing cards
37 It may be spliced
39 Modestly
41 Less genteel
44 Asta's mistress
45 Mr. Hammarskjold
47 Bud holder
48 Glossy paints
53 Work like a dog
54 Measured off
55 Wildly dramatic
56 Find a loophole
58 Fixed the pilot
61 Singer— Adams
62 Mexican lad
63 Film director Joel —
64 To be, to Yves
66 Came out on top

Yesterday's answer



metro

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • • **Metro New York** 120 Broadway, New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **sales fax:** 212-952-1505 • **National and Executive Sales Director** Ed Abrams • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Dorothy Robinson, dorothy.robinson@metro.us • **Managing Editor/ Sports Editor** Mark Osborne, mark.osborne@metro.us • **National News Editor** Jill Gadsby, jill.gadsby@metro.us • **City Editor** Allen Houston, allen.houston@metro.us • **Features Editor, Music Editor** Pat Healy, pat.healy@metro.us • **Deputy Features Editor, Home/Style/Food Editor** Tina Chadha, tina.chadha@metro.us • • **TV Editor** Lisa Weidenfeld, lisa.weidenfeld@metro.us • **Film/Tech Editor** Matt Prigge, matt.prigge@metro.us • **Wellbeing/Going Out/Travel Editor** Meredith Engel, meredith.engel@metro.us • **Careers/Education/Dating Editor** Julia Furlan, julia.furlan@metro.us • **Copy Chief** Tracie Michelle Murphy, tmichelle.murphy@metro.us

3 SPORTS

Shutdown starter

Harvey logs off Twitter

Matt Harvey's problems with Twitter are a thing of the past. The injured Mets ace shut down his account Monday not long after taking down a photo he posted of himself giving the middle finger from a hospital bed on the six-month anniversary of his Tommy John surgery. Mets public relations director Jay Horwitz said the team asked Harvey to remove the photo, but not to shutter his account.

Back in control

ST. LOUIS NOW HAS FIVE POINTS IN THE PLAYOFFS. GETTY IMAGES

Rangers take 2-1 series lead on the road

The Rangers jumped out to a 2-0 lead early in the first period for the second straight game. This time, they held on.

New York earned a 4-1 win over the Flyers in Game 3 to recapture home-ice advantage and take a 2-1 series lead.

Martin St. Louis looked much more like the player he was for Tampa Bay than post-trade with his second postseason goal and an assist on Derek Stepan's game-opening goal.

But just like Game 2 the Flyers pulled to within one goal late in the first period, this time on a score by former Islanders captain Mark Streit with 2:42 left in the period.

The Rangers settled in for the second period, adding to the lead on a goal by Dan Girardi. Daniel Carcillo added the final goal, moments after leaving the box on a questionable hooking penalty, with 10 minutes left in the game.

Henrik Lundqvist made 31 saves, while the defense killed all five Flyers power plays.

Game 4 is Friday night at 7 p.m. in Philadelphia. **MARK OSBORNE**

Nets return home with series tied 1-1

NBA playoffs. The Raptors salvaged Game 2 thanks to DeMar DeRozan to bring themselves even in the series.

See more at www.metro.us

Joe Johnson had 18 points to lead the Nets in scoring. DeRozan, left, led all scorers with 30. / GETTY IMAGES

Paul Pierce said before Tuesday's Game 2 that clutch shooting isn't something you can "buy at Costco." DeMar DeRozan already owns enough anyway.

DeRozan, who was a first-time All-Star this season, hit two huge mid-range jumpers back-to-back to give the Raptors an 89-85 lead with 2:10 to play. They would never relinquish it in a 100-95 win.

The Nets trailed by 6 points at halftime, but took control of the game in the third quarter, which has been a problem for the Nets historically. Brooklyn outscored Toronto 27-19 in the period to put it back on top with the final quarter to play.

The two teams traded the lead for much of the fourth quarter as head coach Jason Kidd kept the starters on the bench until under six minutes to play.

In keeping with a drawn-out series, Game 3 is not until 7 p.m. Friday at the Barclays Center.

By the numbers

0-6

Paul Pierce was 0-for-6 from behind the arc after hitting a huge 3-pointer in the closing minutes of Game 1.

MARK OSBORNE
@MetroNYSports
mark.osborne@metro.us

Over for Nova

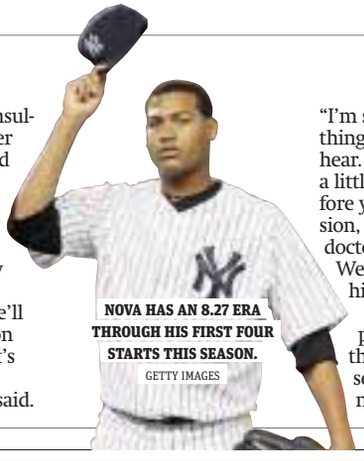
Arm surgery recommended for Nova

It didn't take long for the Yankees to recommend surgery for starter Ivan Nova.

The No. 4 starter returned to New York on Monday to meet with team doctors about a partially torn ligament in his right elbow. After consultation, Dr. Christopher Ahmad recommended Tommy John surgery. Nova himself has yet to make a decision, though rest and rehabilitation is usually not enough.

"I don't know if he'll go for another opinion or what he'll do. That's a player's option," manager Joe Girardi said. "I'm sure it's the last thing that he wanted to hear. Sometimes it takes a little time to sink in before you can make a decision, but that's what our doctor recommended. We'll wait to hear what his decision is."

Surgery would put Nova out for the rest of the 2014 season and much of next season. **METRO**



NOVA HAS AN 8.27 ERA THROUGH HIS FIRST FOUR STARTS THIS SEASON. GETTY IMAGES

NEW YORK INTERNATIONAL AUTO SHOW
APRIL 18 - APRIL 27, 2014
Mon-Sat: 10am-10pm Sun: 10am-7pm
Javits Center | AutoShowNY.com
SAVE TIME! Buy Tickets Online AutoShowNY.com
Tickets are just $15, children $5
Save on discount rail and show packages with LIRR and Metro-North at mta.info
NY Waterway combo tickets also available at AutoShowNY.com | RECORDED INFO: 800-282-3336
For security purposes, bags may be checked.
An activity of the Greater New York Automobile Dealers Association.

Joining the party

Randle declares for NBA draft

The last of the big freshmen declared for the NBA draft on Tuesday.

Kentucky's Julius Randle joined Kansas' Andrew Wiggins and Joel Embiid, Duke's Jabari Parker and Arizona's Aaron Gordon, who previously declared for the June 26 draft. The five freshmen are likely to be the top five selections.

Randle's Wildcats lost to UConn in the NCAA title game earlier this month.

"Kentucky will always have a special place in my heart, but growing up as a kid, there's always been my dream to play in the NBA, and there's no better opportunity for me to achieve that than now," Randle said at the conference announcing his decision. METRO

The 6-foot-9 Randle presents matchup problems. / GETTY IMAGES

By the numbers

15.0

Julius Randle averaged exactly 15 points per game as a freshman at Kentucky, in addition to posting 10.4 rebounds per game. But in the NCAA title game, Randle was held to just 10 points and six rebounds.

metro CLASSIFIED DIRECTORY To advertise please contact 866-900-9473 or Newyorkclassifieds@metro.us

MEDICAL RESEARCH
To advertise call Andrea Paz at 212-457-7831 or email andrea.paz@metro.us

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

DRINKING TOO MUCH?
WISH YOU COULD REDUCE HOW MUCH YOU ARE DRINKING?
We would like to help.
You may be eligible to participate in a research study that might help you reach your goals.
FREE - Support and/or medication are provided at no cost.
Reimbursement up to $525 for participation.
We care, so please call us at Parallax Center • 917-601-0308
The ADVANCE Study, A Collaboration between Columbia University and the Parallax Center

HAVE DIABETES? WORRIED YOU'RE AT RISK?
Seeking diabetic or at risk participants 21-65 years old for research to help us better understand diabetes. Studies visits involve placing IVs and muscle & fat tissue biopsies.
Free initial medical screening
$800-1200 for 3-6 visits*
*Payment and # of visits vary depending on which study you qualify for
Albert Einstein College of Medicine | Study Coordinator 718.430.2903

Research Volunteers Needed for Imaging Study
Healthy volunteer smokers and non-smokers ages 21 - 45 needed for brain imaging research at NYSPI/ Columbia University. Earn $850 - $960. Studies include participation in Positron Emission Tomography and MRI scans.
Call (646) 774 - 7774 for more information.

Newly Diagnosed HIV +? Not on Medication?
The Department of Genetic Medicine, at Weill Cornell Medical College, is looking for volunteers (smokers and nonsmokers), for a research study on the development of lung disease.
Eligible subjects will complete:
Screening visit: medical history, physical exam, electrocardiogram (EKG), blood and urine tests, breathing test and a chest X-ray
Study visit: bronchoscopy procedure
Compensation for completing study visits:
Screening visit: $50 Baseline bronchoscopy: $200
To see if you are eligible, call our Patient Coordinators
IRB # 1204012331 646-962-2672

SadickDermatology
Psoriasis
ITCHY, SCALY PATCHES ON YOUR SKIN?
YOU CAN QUALIFY FOR A RESEARCH STUDY WHERE YOU CAN RECEIVE:
- Study related medication and procedures at no cost
- Compensation for time and travel
YOU DO NOT NEED HEALTH INSURANCE
CALL 917-768-7276
OR EMAIL
SRG@SADICKDERMATOLOGY.COM
SadickResearchGroup

SPA & MASSAGE
To advertise call Andrea Paz at 212-457-7831 or email andrea.paz@metro.us

BACK PAIN ACUPUNCTURE
overweight stress anxiety back neck joint pain
fatigue pinched nerve poor circulation
sciatica migraine foot pain hair loss acne
massage physical therapy chiropractic
Accept 1199 aetna cigna oxford unitedhealthcare bluecross blueshield healthplus affinity fidelis medicare & more
www.MedicalHolistics.com
115W 30 St. #500B (btwn 6&7 Ave) 212-764-3924
723 7 Ave #703 (48 St) 212-470-0360

metro
METRO IS THE MOST READ FREE DAILY NEWSPAPER IN NEW YORK WITH 709,300 DAILY READERS
Source: Scarborough 2012-13.
FOR ADVERTISING: advertising@metro.us or 212-457-7735

LEGAL SERVICES

To advertise call Thomas Franke at 212-457-7751 or email thomas.franke@metro.us

BANKRUPTCY

Not Sure Who to See for Bankruptcy?

Want an Attorney Who Will Provide Friendly, Caring, Personal Service at a Low Price? Then Call

Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn

Bankruptcy Only, Chapter 7 Specialist, Low Fee, One Set Fee, Installments, Personalized Attention, Free Consultation

The Bankruptcy Whisperer

LEGAL PROBLEM?

I KNOW HOW TO WIN FOR YOU!

Joseph B. Maira, Esq., 1229 Ave.Y, Suite 5C, Bklyn. Cell **718-938-3728**

DIVORCE $179

1-800-414-0333

TheDivorceCenter.com

Spouse's Signature Not Needed

Don't Be Fooled By Imposters

Plus Court Fee - Without Children - With This Ad

EXPIRES 4/30/2014

Over 60 Years of Experience

DINERMAN BERGAM & DINERMAN

ACCIDENT?

ALL ACCIDENT CASES HANDLED

Car/Bus/Train • Slip/Trip and Fall • Elevator • Real Estate

150 BROADWAY NYC • (212) 267-7575

Free Consultation ASK FOR MARIA *Hablamos Español*

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

JOBS

General Help Wanted

CHANGE YOUR LIFE!!!
Fast growing company is expanding in the NY, NJ area. Looking for someone interested earning F/T income on a P/T basis. Text "Lifetime Results" to "55469"

Business Opportunity-Owner/ Operator-Open House
Deliver newspapers as an Owner/Operator under agreement with our company in Manhattan. Earn up to $1,000+/month. Must have dependable car. Call 646-277-3795 for details

JOBS

General Help Wanted

Marketing Analyst (NYC)
Conduct marketing research on software development & related services for the global retail/eCommerce industry. Gather & analyze statistical data on customer preference, competitors & sales to forecast market trends. Req.: MA/equiv. in Business Admin., Public Admin. or Marketing. Advanced knowledge of marketing & data analysis/ reporting procedures for retail/eCommerce software and related services. Strong analytical and management skills.

Proficiency in MS Excel, Access, MS Visio & MS project.

Send resume to:
7thonline Inc,
24 West 40th St, 11th Fl, NY, NY 10018.

Ashmatt Employment Agency
Many Job Openings
Factories, Restaurants, Deli
Sales, Cashiers, Domestics and more
(718) 478-5690
Fee

General Help Wanted

TELMKTRS F/T EXP ONLY!
MADE YOU LOOK!!!
Now All You Have To Do is Call. Salary + Comm. + Bonus = $8.-$12/Hr.
David (212) 563-7500

Fortune 500 has Immediate Openings
• Training provided
• Expanding throughout NA
• Advancement
• $17.hr avg
Call today for an interview 914-233-0644

Activist Jobs!
Campaign to: - Keep Birth Control Affordable - Defend a Woman's Right to Choose - Protect Reproductive Rights
$12-$16/hr FT/PT/Career
Call Janet at (212) 219-1502

SERVICES

Ticket Agents
Start Today! Paid Daily
Work/Hrly,loc.30% comm
218 W37 5th floor, NY, NY 10018
212-664-0300

REDUCE YOUR CABLE BILL!
Get an All-Digital Satellite System installed for FREE and programming starting at $19.99/mo. FREE HD/DVR upgrade for new callers,
SO CALL NOW 877-356-0526

BUSINESS OPPORTUNITIES

Affordable Furnished Rooms in Manhattan

Utilities Included
Same Day Move In
Cable, TV, Internet
No Credit Check
$125 per week • Call 212-862-0457

CUSTOMER SERVICE POSITIONS AVAILABLE NOW

• No exp. necessary • Great pay
• Training provided • Close to public trans.

For an interview please call 917-310-2511

DRIVERS

Premier Paratransit is seeking Drivers with NYS CDL Class C with Passenger Endorsement
COME IN FOR APPLICATION
940 Remsen Ave, Brooklyn
(bet Av D/Foster Av)
Mon-Fri 8am-7pm • Sat/Sun 8am-4pm

REAL ESTATE

Real Estate for Sale

AFFORDABLE 1ST HOMES III

*Licensed Real Estate Broker

28 ~~32~~ Homeowners needed by May 15th!

Attention Renters:
Tax Refund Time Is Here

STOP PAYING RENT

Start with as little as $1,500
1-2 Family Homes in Brooklyn, Bronx, and Queens
Good credit/bad credit
All cases processed

Register in person at our office:
143-13 Hillside Ave., Jamaica NY 11435
By Train: Take the "F" Train to Sutphin Blvd
By Car: Take Van Wyck to Hillside Ave
718-291-1800
START NOW!!

Rooms for Rent

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person $125wk/up room rentals
212-697-3962

PSYCHICS

PROFESSOR SHEIKH IBRAHIM
SPIRITUAL HEALER AND CLAIRVOYANT
SPECIALIZE IN RELATIONSHIP, MARRIAGE & LOVED ONES, BREAK BLACK MAGIC, BAD LUCK, SUCCESS IN BUSINESS, JOB, EXAMS, DIVORCE, OURT CASES, IMMIGRATION, ETC
SEEK HELP FROM MR IBRAHIM QUICK RESULTS GUARANTEED
CALL NOW 212-316-0567 OR 646-659-7457

INTERNATIONAL CLAIRVOYANCE & SPIRITUAL HEALER
I can help you with your relationship problems, court cases and bad luck. As well as your concerns regarding depression, substance abuse, marriage, exams, business & many more. Results in a few days guaranteed.
CALL MALIK
917-238-8537

PSYCHICS

646-664-7058
INDIAN ASTROLOGER PANDIT YOGANANDA
Expert Astrologer tells Past, Present, & Future. Provide Solutions for issues like Love, Health, Depression, Job, Family, court, etc. 100% Removal of Black Magic, Vodoo, Evil Spirits, & Bad Luck by special Poojas & Worships. GUARANTEED SOLUTIONS 104-12 115TH ST. Richmond Hill NY, 11419

SERIONE
917-679-1518
Spiritual Reader & Coach bring back loved one, stopped infidelity in Relationship, marriage, job, success in business, court case, removed bad luck, witchcraft, black magic. Stop enemy & offer protection. FAST RESULTS
spiritualrestore.com

347-965-5071
SRI KALI MATHA ASTROLOGY PANDIT DEVDAS
Specialist in Removing Black Magic, Generation Curses, Black Hearts, Voodoo, Jadoo, Butu, Witchcraft, Obeya & Bad Luck. Provides Solutions for problems like Health, Depression, Work, Court, Jealousy. Kids, Job, Finance, Etc., Results Guaranteed. 117-13 LIBERTY AVE. RICHMOND HILL, NY 11419

SHEIKH SALEEM
917.254.6647
MYSTICAL AFRICAN MEDIUM & SPIRITUALIST SOLVES ALL YOUR ISSUES, LOVE SPECIALIST, REUNITE LOVERS, BUSINESS, JOB, COURT, LUCK, BLACK MAGIC, PROTECTION, IMPOTENCY, IMMIGRATION, ETC. ENGLISH AND FRENCH SPEAKING.
QUICK RESULTS
www.africanmedium.com

metro CLASSIFIED DIRECTORY

To advertise please contact 866-900-9473 or Newyorkclassifieds@metro.us

CAREER TRAINING

ACCESS CAREERS, BROOKLYN

- Nurse Aide / Assistant (CNA)
- EKG & Phlebotomy
- Pharmacy Technician
- Patient Care Technician (PCT)
- MS Office/ CPR

Are You HHA? Upgrade to PCT

*Licensed by NYSED

- Medical Assistant
- Com. Networking (A+, MCSE, CCNA)
- Com. Programming (C++, .Net, QA, BA)
- ESL (Free If you Qualify)

* Financial Aid If Qualify

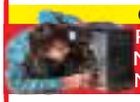
Call Now: 866-487-5432

www.AccessCareers.edu 25, Elm Place, #201, Brooklyn, NY -11201

BEST TRAINING BEST PRICE

MEDICAL TRAINING

Medical Assistant	CALL
EKG Technician	$399
Phlebotmy Tech	$399
Medical Billing	$499
Pharmacy Tech	$899
CNA (Nurse Assistant)	$899



COMPUTER & IT TRAINING

PC Technician (A+)	$399
Networking Concepts (N+)	$399
Network Security (S+)	$399

For Select Programs If Qualify

FINANCIAL AID AVAILABLE www.acecareer.edu

ACE INSTITUTE of TECHNOLOGY MANHATTAN 212-695-9700 QUEENS 718-575-3223

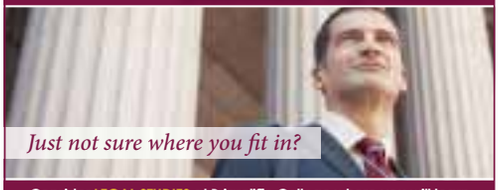
HIGH SCHOOL DIPLOMA FROM HOME

6-8 weeks accredited
Get a Diploma! Get a Job!

No computer needed!!

Call 24/7 for free brochure
1-800-264-8330
www.diplomafromhome.com
Benjamin Franklin High School

Interested in the Justice System?



Just not sure where you fit in?

Consider LEGAL STUDIES at Briarcliffe College where you will learn over 20 different fields of law! Day and Evening Classes Available

BRIARCLIFFE COLLEGE
Bethpage | Patchogue

877.480.9777
www.briarcliffe.edu

Career Education 566742–10/13. Find employment rates, financial obligations and other disclosures at www.briarcliffe.edu/disclosures. Briarcliffe College cannot guarantee employment or salary. While many of our degree programs are designed to prepare graduates to pursue continued bachelor, graduate or doctorate-level education, the University cannot guarantee that students will be granted admission to any programs.

VITAL CAREERS START HERE

MEDICAL ASSISTANT

EARN YOUR *ASSOCIATES DEGREE*, NOT JUST A CERTIFICATE

OTHER PROGRAMS:

- SURGICAL TECHNOLOGIST
- PHARMACY TECHNICIAN
- DENTAL ASSISTANT
- RESPIRATORY THERAPIST
- HEALTHCARE ADMINISTRATION

- EARN COLLEGE CREDITS
- TRANSFER CREDITS ACCEPTED
- FLEXIBLE SCHEDULES
- DAY/EVE/WEEKEND COURSES

CALL TODAY!

OUR ADVISORS WILL HELP EVERY STEP OF THE WAY

1-855-626-3504

254 W 54th Street
www.mandl.edu

MANDL SCHOOL
COLLEGE OF ALLIED HEALTH

HIGH SCHOOL DIPLOMA

If you're 18 or older you can complete your high school education at home right now in as few as 2 months

212-967-7010

469 7th Ave, 7th Floor
(Btwn 35th & 36th Street)

Accepted by NYS Office of Higher Ed
Liberty H.S. Brattleboro, Vt.

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

CAREERS FOR THE 21ST CENTURY!

- COURT REPORTING (REALTIME WRITING)
- CLOSED CAPTIONING
- PARALEGAL
- MEDICAL OFFICE SPECIALIST
- NEW PROGRAM • HEALTH INFORMATION TECHNOLOGY

NYCI established 1941 NEW YORK CAREER INSTITUTE

- TRANSFER CREDITS ACCEPTED
- VA APPROVED

The College of Legal & Medical Professions.

OPEN HOUSE Wednesday, 4/23 11am & 5:30pm & Saturday, 4/26 11am

Class Starts May 12th

Call 212•962•0002 • www.nyci.edu

Day, Evening & Saturday Classes • Degree & Certificate Programs

11 PARK PLACE, NYC (Conveniently Located in Lower Manhattan)

For Disclosure Information, view Program Details @ nyci.edu

JOBS

We Train & Place!

New Media Production (Audio & Video)
PCT• HHA• Medical Asst
EKG/PHLE/Pharm Tech
CNA FREE Training if eligible
Free Training US Vets - Solar Tech etc

Call:718-263-0750

STUDENT VISAS @ LOW COST
On Queens Blvd Next to E/F Train Q10 Bus
8002 Kew Gardens Rd,Kew Gardens, NY
WWW.ACCESSQUEENS.COM

LEGAL NOTICES

Legal Notices

NOTICE IS HEREBY GIVEN that a license Number 1276861 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 82-84 Broadway, Elmhurst, NY 11373 for on-premises consumption. Penang House Inc. d/b/a Pulua Pinang.

NOTICE IS HEREBY GIVEN that a license Number 1277498 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 192-12 Northern Blvd. Flushing, NY 11358 for on-premises consumption. Hashi Ramen & Izakaya Inc.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, May 21, 2014 at 2:00 P.M. at 66 John Street, 11th floor, on a petition from 301 E. 47th St. Rest. Corp. to continue to maintain, and operate an unenclosed sidewalk café at 212 Lafayette Street in the Borough of Manhattan for a term of two years. REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

metro CLASSIFIEDS
To place an ad call
866-900-9473
or visit us at
www.metro.us

Legal Notices

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, May 21,2014 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from SL & H Express Corp to establish, maintain, and operate an unenclosed sidewalk café at 1228 Second Ave. in the Borough of Manhattan for a term of two years. REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN that a license, Serial # 1277599 for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 225 Front St., New York, NY 10038. New York County, for on premise consumption. Dona Gallo Inc.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday,May 21,2014 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from 212 Lafayette Associates, LLC to continue to maintain, and operate an unenclosed sidewalk café at 212 Lafayette Street in the Borough of Manhattan for a term of two years. REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

metro

WITH 73% OF READERS AGED 21-54 YEARS OLD, METRO IS THE YOUNGEST NEWSPAPER IN NEW YORK!

Metro: 73%
amNY: 70%,
New York Post: 59%,
Daily News: 56%,
New York Times: 54%,

Source: Scarborough 2013 R2

FOR ADVERTISING: advertising@metro.us or 212-457-7735

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 6 PM.

SALE
2 FOR 24.99
TEES, POLOS & MORE
Reg. 16.50-$46 ea.
Only at Macy's. From Social Republic, our Alfani (★ WebID 1433710), JA John Ashford & more.

SALE
2 FOR 24.99
STYLE & CO. SPORT
Reg. 19.50 ea.
Only at Macy's.
Essential tees in prints & solid colors. Misses & petites.
★ WebID 1230978.

SALE
2 FOR 17.99
JUNIORS' TEES
Reg. $24 ea.
Screen-printed styles from Mightyfine, Bioworld & more.

SALE
2 FOR $12
GIRLS' TEES
Reg. $12 ea.
Only at Macy's.
From Epic Threads in solid colors & prints. Girls' 7-16.

60% OFF
SUITING
Reg. $250-$650.
Sale $100-$260.
Sportcoats, suits & blazers from Tommy Hilfiger, Andrew Fezza, our Alfani (★ WebID 359965) & Club Room.

65%-80% OFF
WHEN YOU TAKE AN EXTRA 30% OFF
Orig.* $29-$299. **Final cost 5.80-104.65.** Clearance tops, pants & more from our Style & Co., JM Collection, Charter Club & more. Misses & petites. Women's prices slightly higher.

BUY 1, GET 50% OFF 2ND
FULL FIGURE BRAS
Reg. $33-$40 ea. **2nd, sale 16.50 $20.** Bali®, Playtex®, Olga® & more. Shown: Bali® Comfort Revolution wire-free foam. ★ WebID 790931.

SALE 2 FOR $100
HANDBAGS
Reg. $69-$109 ea. All Nine West (★ WebID 588991), Tyler Rodan & our Marc Fisher.

STOREWIDE SAVINGS & VALUES–NOW THROUGH SUNDAY

SUPER STOCK-UP SALE

PLUS, TAKE AN EXTRA 20% OR 15% OFF†

WITH YOUR MACY'S CARD OR PASS †EXCLUSIONS APPLY. SEE PASS.

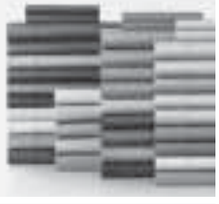
40% OFF
DRESS SHIRTS & TIES
Reg. 49.50.
Sale 29.70.
Only at Macy's.
From Club Room & Alfani.

50% OFF
MEN'S SPORTSHIRTS
Reg. $49. **Sale 24.50.**
Only at Macy's.
Long-sleeve styles from Alfani & Club Room. For example:
★ WebID 1222540.

50% OFF
ALL** BRIDGE JEWELRY
Plus extra 10% off selections. Shown: diamond pendants. Reg. $500. **Final cost $199.** From left: ★ WebID 984796, ★ 620943 & ★ 984798.

SALE 59.99
SANDALS FOR HER
Reg. $69-$79.
From Anne Klein, Nine West, our I·N·C, Alfani (★ WebID 1311350) & more.

BUY 1 ON SALE, GET 50% OFF 2ND
SHEET SETS
Reg. $26-$325 ea.
1st, sale 12.99-189.99. 2nd, 6.49-94.99. From our Charter Club, Martha Stewart Collection™ & more.



BUY 1, GET 1 FREE
ANY SIZE PILLOWS
Reg. $20-$420 ea.
Down & down alternative from our Charter Club, Martha Stewart Collection™, Hotel Collection & more. Polyester fill; cotton or polyester covers.
★ WebID 139810.

★macy's PASS

EXTRA SAVINGS ON ALL SALE & CLEARANCE APPAREL & SELECT REGULAR-PRICED ITEMS (EXCEPT SPECIALS & SUPER BUYS)

EXTRA 20% OFF

SELECT REGULAR, SALE & CLEARANCE APPAREL FOR HIM, HER & KIDS **EXTRA 15% OFF** ALL SALE & CLEARANCE WATCHES, FINE & FASHION JEWELRY, COATS, SUITS, DRESSES, INTIMATES, SWIM FOR HER; MEN'S SUIT SEPARATES & SPORTCOATS; SELECT SHOES & SELECT HOME ITEMS; PLUS, SELECT REGULAR-PRICED ITEMS

VALID 4/23-4/27/2014

Also excludes: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses & area rugs/floor coverings, cosmetics, fragrances, athletic shoes for him, her & kids, electrics/electronics; products offered by vendors who operate leased departments in any of our stores including eSpot, Burberry, Dallas Cowboys merchandise, Gucci, Longchamp, Louis Vuitton, New Era, Nike on Field; all regular-priced: bridge & designer handbags & shoes, designer sportswear, watches, Impulse, Oval Room, 28 Shop, All-Clad, Eileen Fisher, Emporio Armani, Tommy Bahama, Breitling watches, Coach, Dooney & Bourke, Dyson, Ghurka, Henckels, Juicy, Lacoste, Lalique, Lauren/Polo/Ralph Lauren/Denim & Supply, Le Creuset, Levi's, Lladro, Locker Room by Lids, Marchesa, Michael Aram, MICHAEL Michael Kors/Michael Kors, The North Face, Not Your Daughter's Jeans, kate spade, Sperry, Star Power by Spanx, Sterling flatware, Swarovski, Tumi, Vera Wang, Wacoal, Waterford China/Crystal/Silver, Wüsthof, selected Licensed Depts. Not valid on: previous purchases, special orders, special purchases, services, gift cards, jewelry trunk shows, payment on credit accounts; bridal salons, restaurants, gourmet foods, wine. Exclusions may differ at macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. EXTRA SAVINGS % APPLIED TO REDUCED PRICES.

00011705000330531117

30% OFF
JUICERS & BLENDERS
Reg. 39.99-429.99.
Sale 27.99-300.99.
Shown: Breville juicer, #JE98XL (★ WebID 195399) & Ninja blender, #BL660 (★ 735873).

SALE 99.99
16-PC. COOKWARE SET
Reg. 169.99. **Only at Macy's.** T-Fal Culinaire nonstick in black or new champagne.
★ WebID 822025.

FREE ONLINE SHIPPING EVERY DAY + EXTRA 20% OR 15% OFF FREE SHIPPING WITH $99 PURCHASE.
USE PROMO CODE: *SPRING* FOR EXTRA SAVINGS; OFFER VALID 4/23-4/27/2014. EXCLUSIONS APPLY; SEE MACYS.COM FOR DETAILS.

the magic of ★macy's .com

Free item and/or 50% item(s) must be of equal or lesser value than purchased item(s); returns must include the free and/or all purchased item(s).
REG. & ORIG. PRICES ARE OFFERING PRICES AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. SUPER STOCK-UP SALE PRICES IN EFFECT 4/23-4/27/2014. *Intermediate price reductions may have been taken. **Savings off reg. prices. Does not include watches, designer collections, fashion jewelry or diamond engagement rings; extra savings are taken off sale or clearance prices; "final cost" prices reflect extra savings; does not apply to Everyday Values, doorbusters, super buys, specials or trunk shows. Jewelry photos may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macys.com for locations. Almost all gemstones have been treated to enhance their beauty & require special care, log on to macys.com/gemstones or ask your sales professional. Clearance items are available while supplies last. Advertised merchandise may not be carried at your local Macy's & selection may vary by store. Extra savings are taken off already-reduced prices; final cost prices reflect extra savings Prices & merchandise may differ at macys.com. Electrics & luggage carry mfrs' warranties; **to see a mfr's warranty at no charge before purchasing, visit a store or write to:** Macy's Warranty Dept., PO Box 1026 Maryland Heights, MO 63043, attn: Consumer Warranties. N4030052.

OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO $100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine. The new account savings are limited to a total of $100; application must qualify for immediate approval to receive extra savings; employees not eligible.